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Tuesday

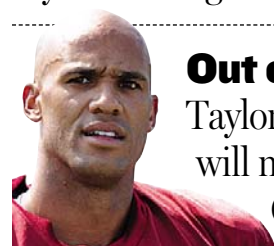


CHINA PHOTOS/GETTY IMAGES

Milk has sickened 53,000 children in China.

Tainted Milk: China's food safety chief quits over crisis | **8**

Healing Powers: Experts say Stonehenge drew the ill | **10**



Out of Action:
Taylor has surgery, will miss game vs. Cowboys | **16**

ENTERTAINMENT

Criminal Creator: *Guy Ritchie* returns to what he does best in 'RocknRolla.' Plus, the new nominees for the Rock and Roll Hall of Fame.

>> 19-24



Poll Finds Tight Race for Va.

Post-ABC survey: Obama has small edge in key swing state

Sens. Barack Obama and John McCain are locked in an extremely competitive race for Virginia's 13 electoral votes amid widespread public anxiety over the economy and the direction the country is heading, according to a new Washington Post-ABC News poll.

The new survey reinforces Virginia's status as a crucial swing state that could tip the fall election. And the tight race — likely voters divide 49 percent for Obama, 46 percent for McCain — foretells a fierce battle for vot-

ers across Virginia over the next six weeks. Should Obama prevail, he would become the first Democrat since 1964 to win the state.

Both candidates have core advantages heading into the final stretch, as they try to sway the 19 percent of likely voters who say they are not firmly committed to their choice. Fifty percent of respondents said the economy is the most important issue in their choice of

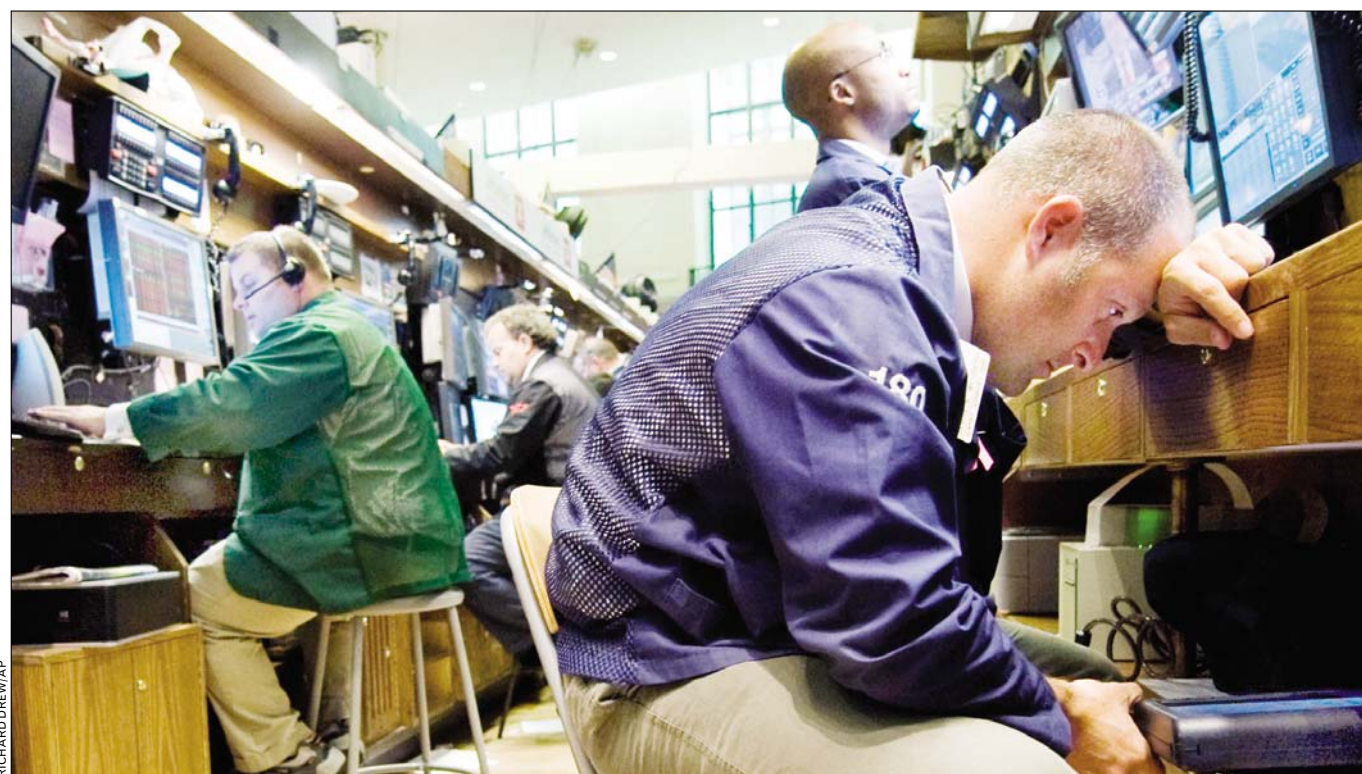
president, and Obama holds a 10-point advantage when likely voters were asked who they trust to best handle the problem.

McCain counters with a similar lead on the questions of who is better able to handle the war on terror and an "unexpected major crisis."

The poll was conducted Thursday through Sunday as President Bush and Congress were negotiating a Wall Street bailout amid great financial uncertainty. **TIM CRAIG AND JON COHEN**
(THE WASHINGTON POST)

❖ **On change:** Obama tops McCain in poll asking who would do more to shake up Washington | **Today's Post, A1**

Stocks Plummet Anew Amid Bailout Talks



RICHARD DREW/AP

DOW DROPS: Trader Jason Weisberg, right, studies his handheld device while he works on the floor of the New York Stock Exchange on Monday. As Congress and the Bush administration negotiated terms of a Wall Street bailout, stocks fell nearly 400 points. ❖ **Accord:** Progress made on bailout | **Page 3**



GIVEN THE RESULTS OF THE LATEST POST POLL, WHO DO YOU THINK WILL WIN VIRGINIA? **A** MCCAIN **B** OBAMA

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 36

TUESDAY 76 | 57 **WEDNESDAY** 74 | 56 **THURSDAY** 65 | 59

TODAY: Partly cloudy and a bit chilly; clearing out in the evening | **38**

eyeOpeners

LEFTOVERS

Carryout Option: An Entire Diner

Jerry Grubb cares so deeply about the future of his former diner that he is offering to give away the 1950s-style restaurant. He has only one stipulation: The new owner must move it and reopen it. Locals called it the end of an era when Grubb's Diner shut its doors last year to make way for a pharmacy. Grubb, the manager and cook for 52 years, decided it was time to hang up his spatula, but he didn't have the heart to demolish the restaurant. Instead, he dismantled it and paid a moving company to haul the 68-foot-long silver diner a mile up the road from its original location in the central Pennsylvania town of Huntingdon. (AP)

ESCAPE ARTISTS

On the Hoppy Trail

Zookeepers and police in London were chasing reports Monday of a wayward wallaby, spotted days after escaping a children's zoo in western England. The marsupial went missing Friday night from Cattle Country park in Berkeley, west of London, park manager Ellen Sealey said. Since then, the wallaby was spotted Saturday at a nearby hotel, and then Sunday about a half-mile from the park, she said. Both police and the zoo have responded to calls about

the escaped marsupial. The wallaby — which looks like a small kangaroo — could have scampered through a hole in his enclosure or bounded over the surrounding 8-foot-tall fence, Sealey said. (AP)



DONNA MCWILLIAM/AP

THROWBACKS

Attraction Distraction

Students looked on with bewilderment and mild amusement Monday as workers hoisted Big Tex, the 52-foot-tall centerpiece of the State Fair of Texas, aloft. Big Tex, who has been a central part of the state fair since 1952, according to the fair's Web site, wears a 75-gallon hat and size 70 boots, which is a funny thing to have a size for, since most people aren't 52 feet tall. In fact, none are. Tex has undergone some changes over the years, including "cosmetic surgery" that "straightened his nose, corrected a lascivious wink and allowed him to talk," the site says. Which means he used to look creepier. But at least he was silent. (EXPRESS)

NAME LIMITATIONS

This or Rebellions

Jolee Bacon really sizzles when it comes to hog-calling. The northern

Idaho woman took first place last weekend in the competition at the Nez Perce County Fair. She has raised several champion pigs for 4-H contests. Bacon says she calls pigs every

morning and night with her 9-year-old daughter, Jacey. Bacon won the crown over as she started her hog call with a few loud snorts and a long, drawn-out "soooey." (AP)



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NOT FUNNY: Police in Dublin, Calif., have arrested a 20-year-old man on suspicion of stealing dead animals from a veterinary hospital morgue and stuffing them into empty lockers at a Bay Area high school. The man told police it was a practical joke.

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM

MEETINGS

Palin's U.N. Entourage

Seeking to bolster her foreign policy credentials, Republican vice presidential nominee Alaska Gov. Sarah Palin will embark Tuesday on a dizzying series of meetings with heads of state who have traveled to New York for the opening ceremony of the United Nation's General Assembly.

Many of the leaders — including Georgian President Mikheil Saakashvili,



Palin

Afghan president Hamid Karzai, Iraqi President Jalal Talabani and Pakistani President Asif Ali Zardari — hail from some of the most politically sensitive regions of the world. Two senior campaign aides, Steve Beigun and Randy Scheunemann, will accompany Palin to most if not all of the sessions, and Republican presidential nominee John McCain will join in for some of Wednesday's meetings.

The campaign would not discuss how Palin was preparing for the discussions or whether she had consulted with the State Department in order to coordinate her message with the administration's current diplomatic efforts.

JULIET EILPERIN

washingtonpost.com

For extended analysis and up-to-the-minute updates from the campaign trail, visit blog.washingtonpost.com/the-trail

Mortgage Help Added to Bank Deal

Lawmakers hash out details of emergency \$700 billion bailout

WASHINGTON | Scrambling for a swift deal on the \$700 billion bailout for failing financial firms, key Democrats and Bush administration officials agreed Monday to include mortgage help for beleaguered homeowners but wrangled over other issues including "golden parachutes" for executives who benefit from the unprecedented rescue.

Democrats demanded that the measure limit pay packages for executives of companies helped by the biggest financial rescue since the Great Depression. The administration was balking at that and also at a proposal by Democrats to let judges rewrite mortgages to lower bankrupt homeowners' monthly payments.



Senate Banking Committee chairman Sen. Christopher Dodd, center, is playing a large role in the Capitol Hill negotiations for a proposed \$700 billion bank bailout.

President Bush prodded Congress during the day to pass the rescue plan quickly, declaring, "The whole world is watching."

"We do agree we should move quickly," said Rep. Barney Frank, D-Mass., the Financial Services Committee chairman, who was

leading negotiations with Treasury Secretary Henry Paulson. "A great deal of progress has already been made," Frank said.

Congressional aides said the House could act on a bailout bill as early as Wednesday. The emergency legislation would give the government broad power to buy up devalued assets from troubled financial firms in a bid to unlock the flow of credit and stabilize badly shaken markets in the United States and around the globe.

In one expansion of its original proposal, the administration is asking for broad power to buy up virtually any kind of bad asset — including credit card debt or car loans — from any financial institution in the U.S. or abroad.

Sen. Chris Dodd, D-Conn., the Banking Committee chairman, has proposed granting that request.

JULIE HIRSCHFELD (AP)

Woman Sentenced for Dog Mauling

Pets killed apartment neighbor in a grisly 2001 attack in Calif.

SAN FRANCISCO | A woman whose dogs viciously attacked and killed her neighbor in the hallway of their apartment building seven years ago was sentenced Monday to 15 years to life in prison.

Marjorie Knoller was con-



Knoller

victed of second-degree murder in the 2001 mauling death of Dianne Whipple, but a judge later reduced the charge to involuntary manslaughter and sentenced her in 2002 to a four-year prison term.

But the California Supreme

Court last year said the trial judge was wrong and sent the case back. Last month, Superior Court Judge Charlotte Woolard reinstated the murder conviction.

The case turned into a tabloid sensation because of the viciousness of the attack — the dogs tore all of Whipple's clothing from her body and left her with more than 70 bites — and the seemingly cavalier attitudes of Knoller and her

husband, Robert Noel, who blamed Whipple for the attack.

In denying Knoller's plea for probation, Woolard noted that Knoller didn't call 911 or otherwise try to help Whipple during the 10-minute attack. The judge said Knoller knew the dogs were dangerous, ignored numerous warnings to train them and hasn't expressed remorse for the attack.

"She has blamed the victim and has held her dogs in higher regard than humans," Woolard said.

PAUL ELIAS (AP)

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Nation



ILL COMMUNICATION: Before New Yorkers light up, the city health department wants them to have a look at the ravaged lungs, rotting gums and large tumors smoking can cause. Graphic images of such health problems are printed on a new line of matchbooks issued by the agency.

EPA Scuttles Plan To Clean Up Water

U.S. will not restrict rocket fuel ingredient in tap water supplies

WASHINGTON | The Environmental Protection Agency has decided there is no need to rid drinking water of a toxic rocket fuel ingredient that has fouled public water supplies across the United States.

EPA reached the conclusion in a draft regulatory document reviewed Monday by The Associated Press.

The ingredient, perchlorate, has been found in 35 states at high levels that some scientists say could interfere with thyroid function and pose developmental health risks, particularly for babies and fetuses.

The EPA document says that mandating a cleanup level for perchlorate would not result in a "meaningful opportunity for health risk reduction for persons served by public-water systems."

The conclusion, which caps

years of dispute, was denounced by Democrats and environmentalists who accused the EPA of caving in to pressure from the Pentagon.

"This is a widespread contamination problem, and to see the Bush EPA just walk away is shocking," said Sen. Barbara Boxer, a Democrat who chairs the Senate's environment committee.



Boxer

The Defense Department used perchlorate for decades in testing missiles and rockets, and most perchlorate contamination is the result of defense and aerospace activities, congressional investigators said last year.

"We have not intervened in any way in EPA's determination not to regulate perchlorate," said Paul Yaroshak, Pentagon deputy director for emerging contaminants. (AP)

COLONIE, N.Y. | TEARFUL GOODBYE



WAR CASUALTY: Hassan Naqvi mourns beside the coffin of his brother, Mohsin Naqvi, before his funeral Monday. Mohsin Naqvi, a native of Pakistan and an Army officer, was killed by a roadside bomb while on patrol last week in Afghanistan.

Man Admits to Passport Snooping

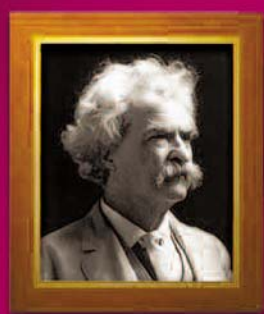
WASHINGTON | A State Department contractor has pleaded guilty to illegally looking at the passport information of nearly 200 celebrities, athletes, actors and politicians

over a three-year period.

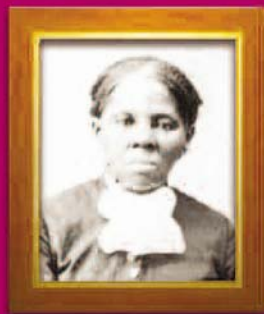
Lawrence C. Yontz of Arlington, Va., had been charged with unauthorized computer access. He pleaded guilty on Monday before

U.S. Magistrate Judge John M. Faciola. He faces as much as a year in prison.

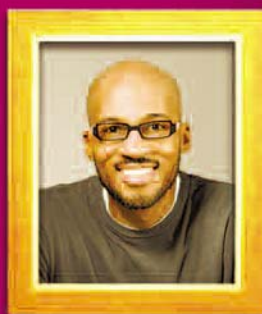
Several contract workers have been fired since it came to light that the passport records of presidential candidates were breached. (AP)



Mark Twain
Author
(1835-1910)



Harriet Tubman
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(Present day)

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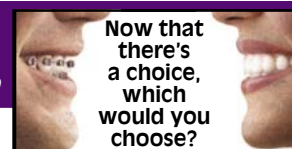
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The percentage of the U.S. population in 2007 that was foreign-born, the largest amount of immigrants in the country since 1920, according to new Census data. About half a million immigrants entered the U.S. last year.

Nation

Obama Targets Wasteful Spending

Democrat promises to reduce earmarks if he is elected president

GREEN BAY, WIS. | Sen. Barack Obama said Monday he would be a champion of clean government as president while his opponent, Sen. John McCain, would let special interests set the nation's agenda.

Obama said at a rally at the Resch Center in Green Bay that he would reduce the influence of lobbyists and campaign donations while holding high ethical standards for his administration. He promised to reduce the number of earmarks, or special projects sought by lawmakers, and stop wasteful spending by government agencies and contractors.

The Democrat said McCain



Democratic presidential candidate Sen. Barack Obama, D-Ill., speaks to a crowd of about 6,000 people during a campaign event in Green Bay, Wis., on Monday.

talks like a reformer but acts like a senator who has been in Washington for 26 years. In particular, he said McCain's campaign had been

advised by some of the nation's top lobbyists, who would benefit if the Republican is elected.

"The people in charge of that

campaign prove that if we elect John McCain, it's not a team of mavericks we'll be sending to the White House — it's a team of lobbyists," Obama said.

Obama spoke in the same arena where McCain and his running mate, Gov. Sarah Palin, attracted about 10,000 supporters to a rally just four days ago. Obama had a smaller crowd of about 6,000.

The appearances underscore the importance of Green Bay in deciding who wins Wisconsin, where the two campaigns are locked in a tight race.

Obama said he would ban administration aides from later trying to influence the executive branch if they leave to become lobbyists. He said he would also ban his aides from accepting gifts from lobbyists. RYAN J. FOLEY (AP)

McCain Calls for More Oversight Of Bank Bailout

SCRANTON, PA. | Republican John McCain on Monday called for greater oversight of the Bush administration's proposed bailout of U.S. financial markets, saying the massive \$700 billion plan being crafted by Treasury Secretary Henry Paulson needed broader supervision.

"Never before in the history of our nation has so much power and money been concentrated in the hands of one person. This arrangement makes me deeply uncomfortable," the presidential candidate said at a rally here.

The GOP presidential hopeful nonetheless called for a bipartisan oversight board to supervise the proposed bailout, to be led by Warren Buffett or another widely respected business leader. (AP)

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XX566 3x3

Nation



Sen. Ted Stevens, R-Alaska, arrives at federal court in Washington Monday.

Stevens Lines Up Defense

D.C. heavyweights
may vouch for senator
in his corruption trial

WASHINGTON | As many as five senators and a former secretary of state may take the stand in the corruption trial of Sen. Ted Stevens in coming weeks, a federal judge said Monday.

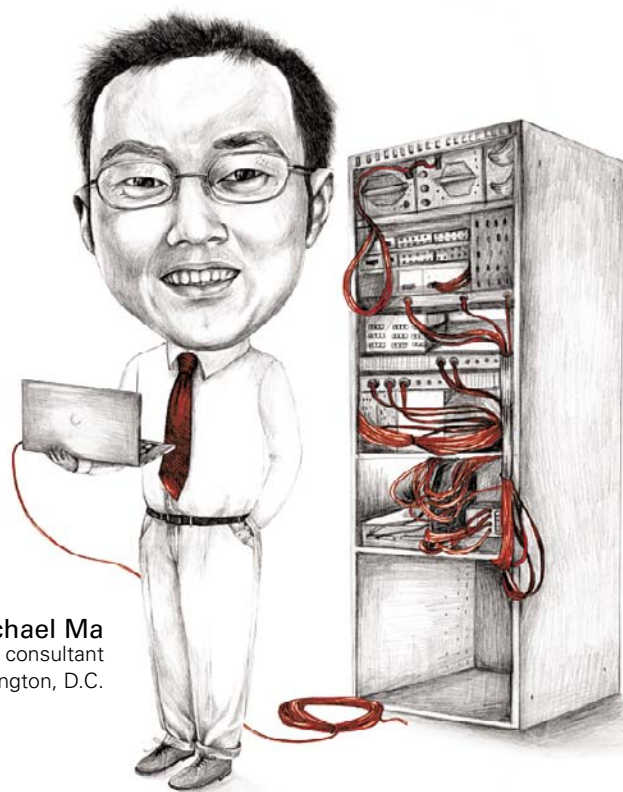
Former Secretary of State Colin Powell and Democratic Sens. Ted Kennedy and Patrick Leahy were among more than 200 potential witnesses announced Monday as jury selection began in what is expected to be a monthlong trial.

Also named as possible witnesses were Democratic Sen. Daniel Inouye of Hawaii and Republican Sen. Orrin Hatch of Utah. Add Stevens to the mix of potential witnesses and the case has the makings of a potentially historic trial.

The 84-year-old Stevens, the Senate's longest-serving Republican, is charged with lying on Senate financial disclosure forms about home renovations and other gifts he received from Bill Allen, the founder of oil contractor VECO Corp.

Stevens is fighting for both his innocence and his political life. He is in a tough re-election race against Anchorage Mayor Mark Begich, a Democrat. The longtime GOP icon will have to stay in Washington during the trial, while Begich is free to campaign in Alaska. (AP)

He asked how much I budget for unexpected equipment repairs. He never ceases to amaze me.



Michael Ma
technology consultant
Washington, D.C.

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World



KING OF GREEN: Sweden's King Carl XVI Gustaf of Sweden urged Americans to "think twice" about climate change during a rare interview with U.S. reporters in Stockholm on Monday. He said he is reducing his own carbon emissions by driving an ethanol-fueled Volvo to work.

In Brief



A man looks through the remains of a ruined home in Mogadishu, Somalia.

MOGADISHU, SOMALIA

30 Killed by Mortar, Gunfire During Fighting in Capital

Somalia's warring sides pounded the capital with mortar rounds and gunfire Monday, killing 30 people — including a family of seven — as Islamic insurgents who want to topple the government gain significant power. Monday's fighting pitted insurgents against government forces and their Ethiopian allies, who come under regular attack in Mogadishu, one of the most violent cities in the world. The violence left bodies in city streets. (AP)

CAIRO, EGYPT

Kidnappers Seize 19 During Safari in Sahara Desert

Kidnappers have seized 11 European tourists and eight Egyptians during a Sahara desert safari to Gilf al-Kebir, a plateau famed for its prehistoric cave paintings, Egyptian officials said Monday. Egyptian Foreign Minister Ahmed Aboul Gheit said in New York that the group had been freed unharmed Monday, and a military official confirmed their release. But Egyptian officials in Cairo and New York later said they had not yet been freed. (AP)

LIMA, PERU

Bus Crash in Southern Peru Kills 13 People, Injures 18

Police say 13 people were killed and 18 more injured when a bus fell more than 300 feet into a ravine in southern Peru. Policeman Andres Vargas in the town of Aplao says 45 passengers were on board when the vehicle crashed around noon Monday. State news agency Andina says the bus skidded on a sandy patch near a hairpin turn and ran off the road. (AP)

53,000 Sickened by Chinese Milk

Top food safety official resigns for failing to stop widening scandal

BEIJING | The head of China's food safety watchdog resigned Monday for failing to stop the widespread contamination of baby formula as the number of children sickened in the scandal soared to nearly 53,000, including four infants who died.

The shake-up came as investigators revealed that China's biggest producer of powdered milk, Sanlu Group Co., had received complaints as early as December 2007 linking its infant formula to illnesses in babies. Months later, tests revealed the milk was tainted with the industrial chemical melamine, which causes kidney stones and can lead to kidney failure.

"During these eight months, the company did not inform the government and did not take proper measures, therefore making the situation worse," China Central Television reported, citing an investigation by the State Council, China's Cabinet.

Melamine, used to make plastics and fertilizer, has been found in infant formula and other milk products from 22 of China's dairy companies. Suppliers trying to cut costs are believed to have added it to watered-down milk because its high nitrogen content masks the resulting protein deficiency.



Parents sit with their children who are being treated at a hospital in Hefei, China, after having ingested tainted baby formula.

The number of sick children reported by the Health Ministry has jumped from 6,200 to nearly 53,000. Of those, 12,892 remain hospitalized, with 104 of them in serious condition. Another 39,965 have been treated and released.

The ministry did not explain the

sudden increase in the number of cases but it suggested health officials were combing through hospital records from May through August to trace the origins of the contamination.

Chinese dairy products, including baby formula, milk candy and ice

cream, have been recalled or banned in Japan, Singapore, Malaysia, Brunei and Hong Kong. **TINI TRAN (AP)**

Not enough? The resignation of a top Chinese official is unlikely to placate the public, which is angry about the dairy scandal. | **Today's Post, A Section**

Unhealthy Spread | Key Events in China's Tainted Milk Scandal

Dec. 2007 Sanlu receives consumer complaints that its milk sickens babies.	June 2008 Sanlu learns its milk powder is contaminated with melamine.	Aug. 6 Sanlu pulls milk from distributors but does not issue public recall.	Sept. 11 Sanlu publicly recalls 700 tons of baby formula, reports 1 baby died.	Sept. 21 Number of sickened babies rises to nearly 53,000 across China.
---	--	--	---	--

U.S. Denies Incursion Into Pakistan

American helicopters reportedly enter border zone from Afghanistan

ISLAMABAD, PAKISTAN | U.S. helicopters flew into Pakistan's militant-infested border region but returned to Afghanistan after troops and tribesmen opened fire, intelligence officials said Monday.

That account was denied by Pentagon officials. "There was no such incursion; there was no such event," said Defense Department spokesman Col. Gary L. Keck.

DISPUTED ACCOUNT

→ Pakistani Interior Ministry chief Rehman Malik said Monday that President Asif Ali Zardari was due to dine at the Marriott Hotel that was the target of a deadly bombing on Saturday, but changed plans at the last minute.
→ A spokesman for the hotel owner denied the report. (AP)

The alleged incident late Sunday threatened new rifts between the United States and its key ally against terrorism days after a truck

bomb struck a luxury hotel in Islamabad, killing 53 people.

Late Monday, Dubai-based TV channel Al-Arabiya said it had received a tape from a shadowy group calling itself "Fedayeen Al-Islam" — Arabic for "Islam commandos" — claiming responsibility for the bombing and urging Pakistan to end cooperation with Washington.

In the northwestern city of Peshawar, gunmen kidnapped Afghanistan's ambassador-designate Monday and killed his driver.

CHRIS BRUMMITT (AP)

HUNGARY | CAR-FREE



UPLIFTING EVENT: People hold their bikes in the air during a cycling demonstration to mark European Car-Free Day in Budapest, Hungary, on Monday.

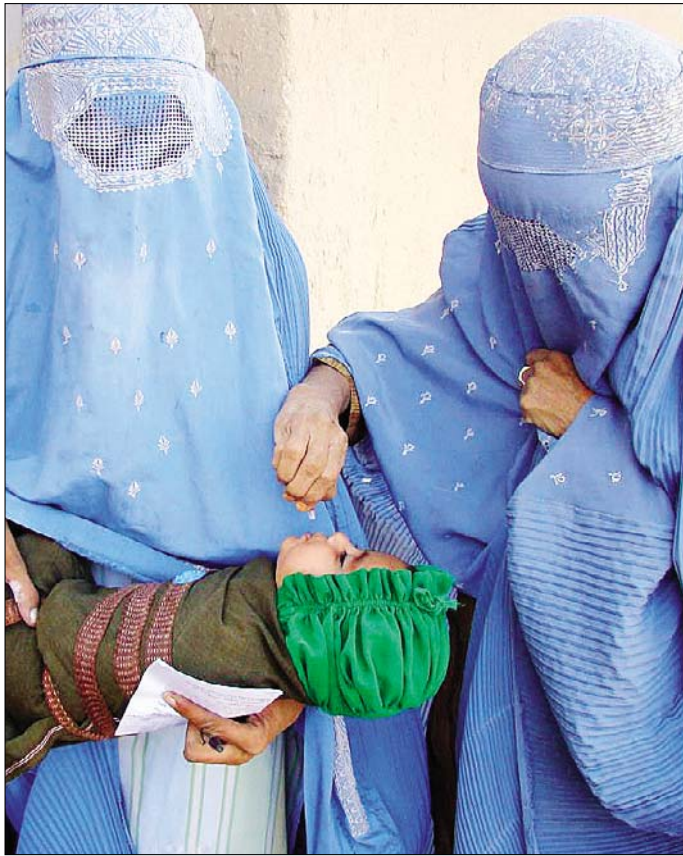
"Those enemies have got their revenge and are gloating as they rub [South African President Thabo Mbeki's] nose in the mud."

—Archbishop Desmond Tutu, on the political struggle that ousted Mbeki and left his rivals in charge, on Monday.



World

AFGHANISTAN | POLIO PREVENTION



VITAL VACCINE: Afghan women give a polio vaccine to a baby as part of a national vaccination campaign in honor of International Peace Day in Lashker Gah, Afghanistan, Monday. Afghanistan is one of only 14 countries in the world where polio exists, according to the World Health Organization.

Aso to Be Japanese PM

Charismatic leader is elected to head ruling party, replace Fukuda

TOKYO | Taro Aso, who was elected Monday to head Japan's ruling party and stood on the brink of becoming prime minister, has a reputation for being just about everything his predecessor wasn't. He's charming, charismatic and brimming with confidence.

One thing remains the same, however.

When Aso is sworn in as Japan's prime minister this week — a virtual certainty because his party controls the lower house of parliament — he will inherit a government wracked by scandals, paralyzed by gridlock and divided over how to deal with economic instability.

Aso won a landslide victory in an election within the ruling Liberal Democratic Party to replace Prime Minister Yasuo Fukuda, who abruptly announced three weeks ago that he was quitting because he was unable to deal with a stale-



Outgoing Japanese Prime Minister Yasuo Fukuda, right, shakes hands with Taro Aso, who was elected to lead Japan's ruling party, in Tokyo, Japan, on Monday.

mate in parliament with the opposition. He also gave up his post as party leader.

Barring last-minute defections, Aso, 68, is assured of winning a parliament vote Wednesday to choose Fukuda's successor, because the Liberal Democrats control the lower chamber, which has the final say

in the matter.

Aso has indicated he will emphasize economic policy as prime minister. "The economic situation is getting tough; everyone can see that," Aso told reporters after the vote. "The biggest mission given to me is to resolve this, and I plan to do my utmost." ERIC TALMADGE (AP)

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10 | EXPRESS | 09.23.2008 | TUESDAY

World

2300

The year, in B.C., in which, archaeologists say, the first stone monuments at England's Stonehenge site were built — 300 years later than previously thought.

Experts: U.K. Site Drew II

Europeans flocked to Stonehenge for healing, archaeologists report

LONDON | The first excavation of Stonehenge in more than 40 years has uncovered evidence that the stone circle drew ailing pilgrims from across Europe for what they believed to be its healing properties, archaeologists said Monday.

Archaeologists Geoffrey Wainwright and Timothy Darvill said the content of graves scattered around the monument and the ancient chipping of its rocks to produce amulets indicated that Stonehenge was the primeval equivalent of Lourdes, the French shrine venerated for its supposed ability to cure the sick.

An unusual number of skeletons recovered from the area showed



Archaeologists begin an excavation at Stonehenge in England in March.

signs of serious disease or injury. Analysis of their teeth showed that about half were from outside the

Stonehenge area.

"People were in a state of distress, if I can put it as politely as that, when they came to the Stonehenge monument," Darvill told journalists assembled at London's Society of Antiquaries.

He pointed out that experts near Stonehenge have found two skulls that showed evidence of primitive surgery, some of just a few known cases of operations in prehistoric Britain.

"Even today, that's the pretty serious end of medicine," he said.

Darvill cautioned, however, that the new evidence did not rule out other uses for Stonehenge.

"It could have been a temple, even as it was a healing center," Darvill said. "Just as Lourdes, for example, is still a religious center."

RAPHAEL G. SATTER (AP)



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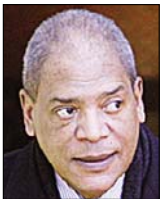
Catoe: Metro Needs \$11.3B

GM says agency needs funding to maintain service for 10 years

WASHINGTON | The Metro system will need more than \$11.3 billion over 10 years to keep up the current level of service, replace worn-out rail cars and meet growing ridership, the transit agency's general manager said Monday.

John Catoe said it would take \$7 billion just to maintain current service and keep the system running safely and reliably from 2010 to 2020. That includes repairs to leaking tunnels and crumbling platforms, and replacements for aging rail cars.

It would take billions more to deploy longer trains and more buses to meet the projected increase in demand. The number of trips taken on Metro trains is expected



Catoe

to grow 22 percent, to about 1 million a day by 2020. Bus ridership is expected to grow 9 percent, to 600,000 trips.

Those forecasts do not take into account the recent hike in gas prices, which has steered even more people than expected to public transit.

"The bottom line is our house is getting old," Catoe said at a news

conference. "We have a wet basement, rusty pipes, old wires and a 1976 model car."

The rail system began operating in 1976, and some of its components are showing their age.

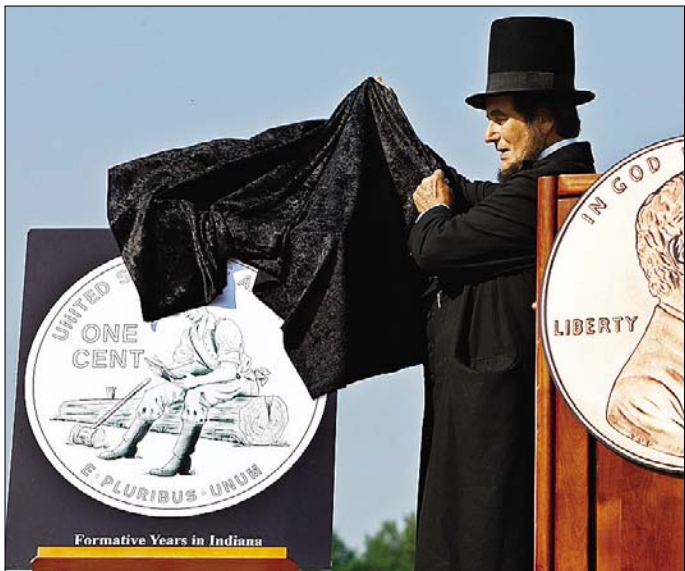
Catoe said some of the cars are more than 30 years old, near the end of their average useful age.

Since it can take up to five years to receive new cars after an order is placed, many will be pushing 40 by the time they are retired, he added.

Metro also wants to replace old bus garages, one dating back a century.

Unlike other major transit systems, Metro has no dedicated funding source. SARAH KARUSH (AP)

WASHINGTON | LINCOLN'S MAKEOVER



NEW MONEY: Abraham Lincoln presenter Jim Rubin of Prosperity, W.Va., helps unveil one of the four new designs for the tail side of the penny at the Lincoln Memorial Monday. The 2009 Abraham Lincoln Bicentennial One-Cent Coin redesign will highlight four phases of the 16th president's life.

Va. Holds Immigrant Witnesses

FAIRFAX, VA. | Five men have been held in a Fairfax County jail for nearly a month, simply because they might have witnessed a killing.

The men, who are illegal immigrants, are being held as witnesses to the fatal stabbing of Adulio Morales-Bonilla, 36, in Fairfax City last month.

Federal immigration officials told Fairfax City police that the men were waiving deportation hearings and could return to Honduras before the trial.

So, police obtained "material witness" warrants against the men and had them jailed without bond, even though the trial might not occur for another year.

Some legal experts have expressed outrage over the situation.

"What are we, in Guantanamo?" said Abbe Smith, a criminal defense expert and law professor at Georgetown University. "They are simply witnesses. They happened to be someplace where something happened. That should shock the conscience of any American citizen." (AP)

The Lotteries

Monday, Sept. 22

DISTRICT

Mid-day Lucky Numbers **5-1-1**
Mid-day DC 4 **3-9-1-9**

MARYLAND

Mid-day Pick 3 **4-9-3**
Mid-day Pick 4 **9-4-2-0**

VIRGINIA

Mid-day Pick 3 **7-4-0**
Evening Pick 3 (Sun.) **8-1-4**
Mid-day Pick 4 **3-4-5-4**
Evening Pick 4 (Sun.) **2-6-4-0**
Mid-day Cash 5 **2-4-5-20-28**
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All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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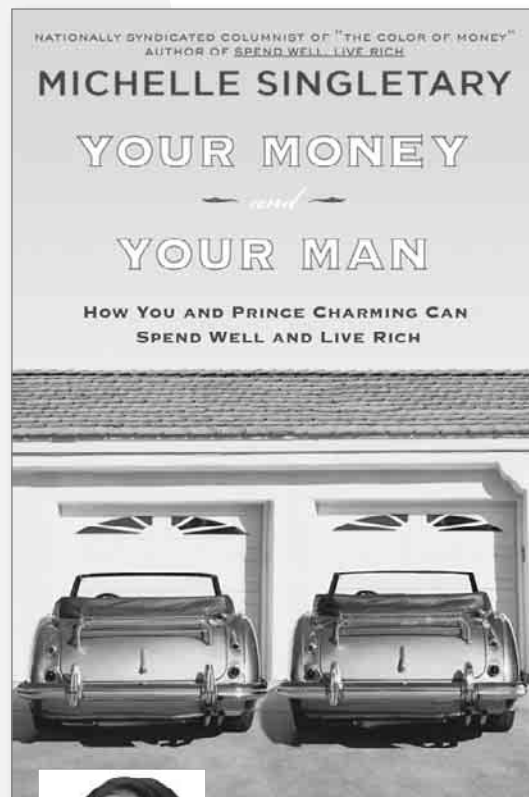
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6

The number, in hundreds, of extra troopers that the Virginia State Police say they need in order to address highway safety, identify theft and other issues, according to a internal study.

Local

Fairfax OKs Tysons Vision

Va. officials approve plan to turn sprawling area into urban center

The Fairfax County Board of Supervisors Monday approved a sweeping vision for transforming Tysons Corner from a sprawling suburban destination on the fringes of the Washington area to a cutting-edge urban center at the heart of Northern Virginia's evolving economy.

Supervisors unanimously approved an ambitious blueprint that has been more than three years in the making and is envisioned to unfold during the next several decades. It hinges on giving landowners broad new permission to build city-style high-rises with urban-scale streets, sidewalks, restaurants and shops. And it rests on the expected construction of four Metrorail stations in Tysons.

"It is absolutely essential that we embrace this kind of mission," said supervisors Chairman Gerald



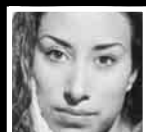
A proposed Metrorail station on Route 123, with Tyson's Corner Center behind, came closer to reality Monday after Fairfax supervisors approved an urban development plan.

E. Connolly. "We may not all agree on the details, but I hope we can find common ground in wanting to move Tysons to a different place, from an auto-dependent suburban model to something that is much more livable, pedestrian-friendly, multi-modal, transit-oriented and green."

The model acknowledges that

the four huge highways that traverse Tysons — Routes 7 and 123, the Capital Beltway, and the Dulles Toll Road — are not going to change. But it opens the possibility of creating smaller-scale urban districts within Tysons with the look and feel of true cities.

SANDHYA SOMASHEKHAR AND AMY GARDNER
(THE WASHINGTON POST)



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Money



Wall Street fell in trading Monday as investors nervously awaited news about the government's plan to help investment banks.

Dow Falls 372, Oil Soars

Investors flee the U.S. dollar as fears about U.S. economy mount

NEW YORK | Elation in the financial markets over the \$700 billion bank bailout plan evaporated Monday and was replaced by all-too-familiar anxiety, pummeling stocks and sending oil prices to their biggest one-day gain.

Worries that the rescue package would cost too much, drive up inflation, swell the already bloated deficit and hurt the ailing economy also led global investors to flee the U.S. dollar.

The Dow Jones industrials lost 372 points, wiping out the gains the

index made Friday after administration officials and congressional leaders promised swift action to get bad debt off the books of banks and end the financial crisis.

44

The amount, in dollars, the price of gold jumped on Monday, to \$909 an ounce on the New York Exchange.

“Investors had a weekend to look at the news that was streaming out, and they are now finding fault in it,” said Joseph Battipaglia, market strategist in the private client group at the investment firm Stifel Nicolaus.

Oil prices briefly spiked more than \$25 a barrel before falling back to settle at \$120.92, up

\$16.37, on the New York Mercantile Exchange. That shattered the previous record for a one-day jump in crude oil, \$10.75.

The government agency that regulates commodities markets said it was working with Nymex to “ensure that no one is taking advantage of the current stresses facing our financial marketplace for their own manipulative gain.”

The Commodity Futures Trading Commission said in a statement it was “closely monitoring today’s large movement in the price of crude oil.” Analysts said some of the gain could have come from large investors trying to cover short positions, or bets that prices would fall.

PATRICK RIZZO (AP)

HEARSAY | FOOTBALL

“We’re scrutinizing all of our programs and all of our media spending. So, in the midst of that, we decided against it.”

—KELLY CUSINATO, GM SPOKESWOMAN, ON THE AUTOMAKER’S DECISION TO NOT AIR AN AD DURING THE 2009 SUPER BOWL. THE COMPANY IS TRYING TO CUT EXPENSES.

Caveman Voted Into Ad Hall of Fame

NEW YORK | Getting into the Madison Avenue Advertising Walk of Fame is so easy, even a caveman can do it.

The Geico Caveman and the Serta Sheep advertising icons have been elected to the Walk of Fame in midtown Manhattan after online voting by the American public.

The U.S. Postal Service slogan “We Deliver for You” and the UPS

tagline “What can Brown do for you?” also were inducted Monday.

The Madison Avenue Advertising Walk of Fame was created by Advertising Week, a weeklong gathering of marketing professionals. Organizers have filled the Walk of Fame with bronze plaques and lamppost banners honoring such past inductees as Tony the Tiger and the Pillsbury Doughboy. (AP)



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The National Institute of Mental Health
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Sports



PIGSKIN POACHER: Polk County, Fla., authorities are searching for whoever stole five footballs. The sheriff's office says two of the footballs were signed by Johnny Unitas, one was signed by O.J. Simpson, one by Ricky Williams and the last by the undefeated 1972 Dolphins team.

Swengali

REDSKINS | BY MATT SWENSON

Now Redskins Face a Real Test

SUDDENLY, THE REDSKINS LOOK like they belong with the big boys. As in, the Dallas Cowboys.

The team and its fans are feeling good after a second-straight win. And why not? Washington is improving on offense and making plays on defense.

The biggest hot-button issue continues to be the punter, Durant Brooks, who kicked just fine Sunday against Arizona but apparently "iced" Shaun Suisham while holding on a 52-yard field goal.

A 2-1 record was deemed unfathomable after a disastrous first quarter of the season. While it's still early, there's no doubting the importance of not falling behind in a division in which every team has a winning record.

Next up is Big D, which won't make the same mistakes Arizona did.

Speaking of the NFC East, next up is Big D, which won't make the same mistakes Arizona did. Kurt Warner, Anquan Boldin and Larry Fitzgerald are tough, but try Tony Romo, Terrell Owens, Jason Witten, Marion Barber III and Felix Jones.

Is a loss to arguably the best NFL team expected and understandable? Sure. Yet a road game at Philadelphia looms the week after. Imagine the doomsday-like feeling here if Washington is 2-3 in two weeks.

The Redskins were one of 16 teams with a winning record entering Monday night's game. Only one of those teams — the Patriots — has a lower point differential than Washington.

Jim Zorn's crew may be better than we first thought. They'll get the chance to prove it this week.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

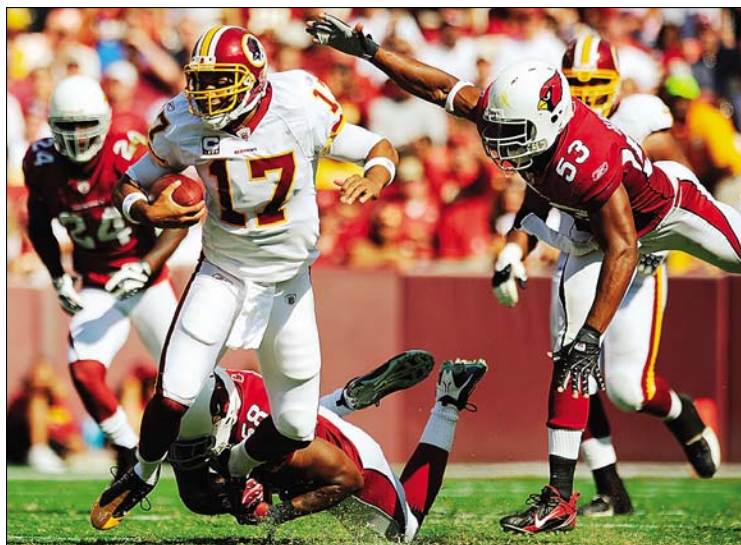
Campbell Is Getting Comfortable

Redskins quarterback has yet to commit a turnover in 3 games

REDSKINS | Jason Campbell's 16-yard scramble was the longest play on the opening scoring drive, a run that energized the Redskins but brought a small critique from the sidelines.

"One of my teammates told me, 'Jason, when you ran the first time, the ball was kind of lingering a little bit. Make sure you keep it in tight,'" Campbell said. "It was good communication — because the next time I ran, it was something I focused on."

Apparently so. Three weeks into the season, the player who led the NFL in lost fumbles a year ago has yet to commit a turnover. No interceptions. No fumbles. For all of his well-documented trials and tribulations in learning the West Coast offense, Campbell has stats that any coach would love.



Jason Campbell focused on protecting the ball when scrambling in the third quarter.

"I'm always in the quarterback's ear about being stingy with the ball, about rhythm," coach Jim Zorn said. "That's part of the offense; it's rhythm. It's not holding onto the ball so long that you don't make up your mind about what to do with it."

Campbell fumbled 13 times in 13 starts last season under coach Joe Gibbs, tied for second most in the league. A league-high eight ended up in the hands of the opposition. He also had 11 interceptions to go with his 12 touchdown passes, hardly the

ratio that wins championships.

On Sunday against the Cardinals, Campbell worked the short passing game successfully: 22-for-30 for 193 yards with two touchdowns in a 24-17 victory. The key to the game was the 2-0 turnover differential in favor of the Redskins; the turnovers were converted into 10 points.

Campbell's numbers on the season are promising: a 65 percent completion percentage with four touchdowns, no interceptions and a 100.1 rating.

"I have to admit, coming into the game, I wasn't too hot on him," said Arizona safety Antrel Rolle, who also faced Campbell last year. "I knew he was a big play guy, I know he could definitely beat you with his arm, but I didn't think that he was that comfortable in the system. He was very poised. I think he knew what he was doing with the ball, and he made some clutch throws."

JOSEPH WHITE (AP)

Taylor to Miss at Least Dallas Game

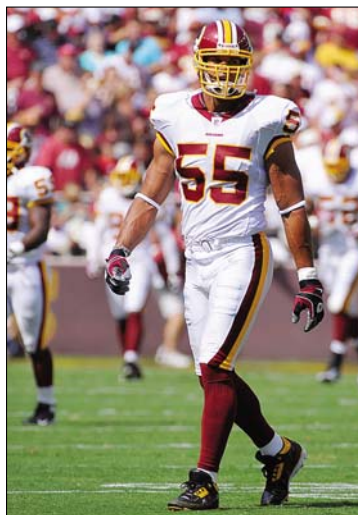
Redskins defensive end will end streak of 133 straight games played

REDSKINS | What seemed like an annoying kick in the calf turned into a significant medical issue for the Washington Redskins and defensive end Jason Taylor, who underwent a 20-minute emergency procedure Monday and will miss next week's game against the Cowboys.

"He's going to be fine," coach Jim Zorn said. "Our problem is that he's going to be out for this Dallas game for sure. I can't tell you beyond that."

The injury will end Taylor's consecutive games streak at 133, the seventh longest among active players. He hasn't missed a game since 1999, early in his career.

Taylor was kicked in his left leg in the second quarter of Sunday's win. He finished the game and had three tipped passes — including two during a crucial stand inside the Redskins' 10-yard line in the second



Redskins defensive end Jason Taylor has played in 133 consecutive games.

half — but the leg became painful and sore Sunday night, and he lost feeling in his ankle as blood began to pool. Taylor checked into a hospital early Monday morning.

"They went in and cut open that portion where the blood was pooling and released that pressure," Zorn said.

Around the League

→ Have an opinion about which AFC teams are legit and which will stumble? Chime in on that topic and all the other top NFL stories every day on | [The League](http://TheLeague.com)

washingtonpost.com

Taylor was just starting to find his stride with the Redskins, who traded for him after Phillip Daniels was lost for the season with a knee injury. The six-time Pro Bowl lineman sprained his knee during preseason and was ineffective in the opener against the Giants. But he rebounded to have his first sack with the Redskins last week and forced the Cardinals into a field goal by tipping passes on second-and-goal and third-and-goal Sunday.

Seventh-year player Demetric Evans, a reliable Redskins backup for the past four years, is expected to start while Taylor is out, with Chris Wilson and Erasmus James also getting more playing time.

JOSEPH WHITE (AP)

Mystics Fire GM Hargrove After 10-24 Season

MYSTICS | Mystics general manager Linda Hargrove was fired Monday after a 10-24 season that ended with a nine-game losing streak.

The Mystics missed the playoffs the past two years, and team president Sheila Johnson had promised changes, saying last month, "We cannot continue on this path."

Hargrove became the Mystics' GM before the 2005 season. She was a scout and an assistant coach with the team before that.

"We felt it was best to make a change and move in a different direction in regards to our general manager position," Mystics chief operating officer Greg Bibb said Monday. "Our basketball team has struggled to make progress and move forward, and we feel a change at the top of the basketball side of the business was necessary to begin the process of improving our team." (AP)

5

The number of seasons coach Eddie Jordan has spent with the Wizards, who announced on Monday they are picking up his option for 2009-10. Jordan is the NBA's third longest-tenured coach.

Sports

Power Shifts in the AFC

It may be out with the old as Colts, Patriots struggle early in season

NFL | When Tom Brady went down in the season opener, it was clear this New England team wasn't going to match last year's 16-0 regular-season run.

But no one expected the Patriots to be hammered 38-13, as they were Sunday by lowly Miami, a game in which Ronnie Brown became the first NFL player to run for four TDs and pass for another since Paddy Driscoll in 1923.

New England's trouble is the biggest surprise, but hardly the only one in a head-scratching start to the NFL season. With Indianapolis, San Diego and Jacksonville stumbling from the starting gate and Pittsburgh getting beaten up in Philadelphia, the balance of power is shifting in the AFC, where the likes of Tennessee, Denver and Buffalo now can have Super dreams.



The Patriots didn't look like champions in a 38-13 loss to the Dolphins Sunday.

The NFC isn't going entirely according to script, either.

Sure, the Cowboys look great as expected, and the defending Super Bowl champion New York Giants are 3-0 as well. But Brett Favreless Green Bay has won two of its first three, as

has Atlanta after a horrid 4-12 season marked by the imprisonment of Michael Vick and the sudden departure of new coach Bobby Petrino. And San Francisco, with J.T. O'Sullivan at quarterback after throwing just 26 passes since being drafted in 2002, is 2-1, looking like it might actually move toward the middle of the pack after being either at the top or bottom for almost three decades.

Yes, it's early. But the Patriots and Colts, 66-14 and 63-17 over the past five regular seasons, are showing problems that might not be fixed so easily. And Pittsburgh, the only other team to represent the AFC in the Super Bowl during that span, demonstrated serious leaks in its offensive line. That left Ben Roethlisberger, already playing with a sore shoulder, more bruised and bandaged after the Eagles got nine sacks in their 15-6 win in the battle of Pennsylvania.

It could be the beginning of a major power shift in the league, especially in the AFC. DAVE GOLDBERG (AP)

Saints Lose Star TE Shockey for 3 to 6 Weeks

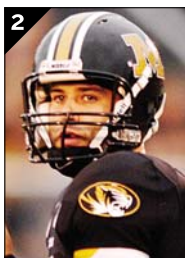
NFL | Tight end Jeremy Shockey, the Saints' second-leading receiver through three games, is expected to be out for three to six weeks because of a sports hernia.

Shockey, who was acquired from the New York Giants in a trade shortly before training camp, had 16 receptions for 151 yards during the Saints' first three regular-season games. He played Sunday in New Orleans' 34-32 loss at Denver, catching five passes for 56 yards.

A sports hernia is the weakening of muscles or tendons in the lower abdominal wall. For Shockey, it's the second serious injury in as many seasons. He broke his left leg last December and missed all of the Giants' postseason run to a Super Bowl championship.

Shockey's absence also is the second major blow to the Saints' receivers this season following the loss of Marques Colston in Week 1. (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1 Running back **Knowshon Moreno** redeemed himself after Georgia's difficult game last week with two scores in a dominating performance over Arizona State. And his dive into the end zone could qualify as a "Heisman moment." 2. Missouri QB **Chase Daniel** continues to have the best numbers in college football. He was 36 for 43 for 439 yards and two TDs this week against Buffalo. 3. **Tim Tebow** is not putting up anything close to his numbers from last year. Will the Florida QB be able to win a second trophy based on the strength of his team? 4. **Javon Ringer's** name jumps onto the board based on his second straight 200-yard rushing game. The Michigan State running back has 11 TDs and was Big Ten Offensive Player of the Week for the last three weeks. 5. **Sam Bradford**, Oklahoma's QB, was off this week, but he has still thrown for 12 touchdowns through three weeks. (EXPRESS)

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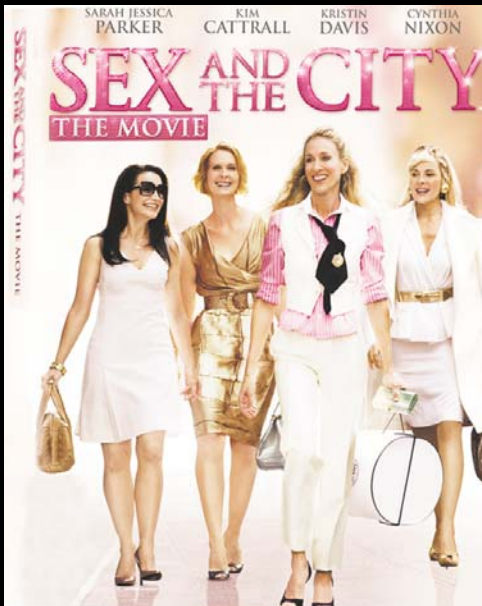
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Sports



"It was kind of like the seventh game of the World Series, the Super Bowl [and] Mardi Gras."

— O's manager Dave Trembley on the last game at Yankee Stadium.

Nats Near Magic Number

Management talked of improvement, but team may lose 100

NATIONALS | Nationals president Stan Kasten, general manager Jim Bowden and manager Manny Acta all love to throw around the word "progress." They love to talk optimistically about the team's "plan."

So, no member of that trio would have told you this would happen: At 58-98 entering Tuesday night's game against the visiting Marlins, Washington needs to go 5-1 the rest of the way to avoid the franchise's first 100-loss season since 1976.

Indeed, back in February, Bowden sat in Viera, Fla., and declared his team was "ready to win more games than we lose."

When asked last week how long it will be until the Nationals are a winning team, Bowden wouldn't say. "I can't put the timetable on it, because I don't know, you know, what trades you make, what signings you do," he said.



Manny Acta has dealt with lack of talent and experience, and a ton of injuries this year.

"There's too many intangibles."

This season's Nationals were done in by several factors: a lack of talent and experience, a slew of injuries (eight members of the opening day starting lineup wound up on the disabled list) and limited free-agent spending that wasn't well spent (Paul Lo Duca signed for \$5 million and then was released after hitting .230 with 12 RBI).

What the Nationals are saying these days is that they're not concerned with exactly how awful the final numbers look.

"If we win out and only lose 98, it's still a horrible season to our standards, compared to if we lose 104," third baseman Ryan Zimmerman said. "I think it's to the point now where it's been a disappointing season." HOWARD FENDRICH (AP)

Bill Ford Jr. Criticizes Lions GM

NFL | Bill Ford Jr. has seen enough of the way team president Matt Millen is running the Detroit Lions.

The Ford Motor Co. executive chairman spoke to reporters Monday after a Detroit Economic Club meeting. The vice chairman of the

Lions said he was disappointed in the team's performance and said fans deserve better.

When asked, Ford said Millen should leave the team, but he didn't have the authority to make such a significant change. His father, Wil-

liam Clay Ford, is the owner and chairman of the franchise.

The Lions are 0-3 this season and an NFL-worst 31-84 since hiring Millen, who won Super Bowls as a linebacker and was an acclaimed TV analyst but had no front-office experience when he was hired in Detroit. (AP)

TODAY'S TV LINEUP

ORIOLES (5 P.M. ON MASN) The Orioles play an evening double header against the Rays, making up a game that actually has some playoff implication — for the Rays, that is.

NATIONALS (7 P.M. ON MASN2) After a long year in front of a few fans at their new ballpark, the Nationals begin their final home series of the year against the Florida Marlins.

WNBA (7 P.M. AND 9 P.M. ON ESPN2) In WNBA action, Bill Lambier's Detroit Shock host the Indiana Fever (yes, those are the real names). Then, the second half of the nightcap features another pivotal game three, this time between the L.A. Sparks and the Seattle Storm.

MLB STANDINGS

THROUGH SEPT. 21'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Tampa Bay	92	62	.597	—	57-24	35-38
Boston	91	64	.587	1.5	52-22	39-42
New York	85	71	.545	8	48-33	37-38
Toronto	83	73	.532	10	46-32	37-41
Baltimore	67	87	.435	25	36-37	31-50
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	86	69	.555	—	51-26	35-43
Minnesota	84	72	.538	2.5	49-26	35-46
Cleveland	78	77	.503	8	45-36	33-41
Detroit	71	83	.461	14.5	37-37	34-46
Kansas City	70	86	.449	16.5	38-43	32-43
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	96	59	.619	—	49-29	47-30
Texas	75	81	.481	21.5	38-40	37-41
Oakland	74	81	.477	22	43-38	31-43
Seattle	57	98	.368	39	31-43	26-55

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Philadelphia	88	68	.564	—	44-31	44-37
New York	86	69	.555	1.5	45-29	41-40
Florida	81	74	.523	6.5	45-36	36-38
Atlanta	69	87	.442	19	43-38	31-43
Washington	58	98	.372	30	33-45	25-53
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	94	60	.610	—	55-26	39-34
Milwaukee	85	71	.545	10	44-31	41-40
Houston	82	73	.529	12.5	43-31	39-42
St. Louis	80	75	.516	14.5	40-34	40-41
Cincinnati	72	83	.465	22.5	42-38	30-45
Pittsburgh	65	91	.417	30	39-42	26-49
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	81	75	.519	—	46-32	35-43
Arizona	78	77	.503	2.5	45-33	33-44
Colorado	71	85	.455	10	43-38	28-47
San Fran.	70	86	.449	11	35-40	35-46
San Diego	61	95	.391	20	34-44	27-51



HOLY HOGWARTS: As if wizard rock bands weren't enough, there's an Intercollegiate Quidditch Association for Harry Potter's fave sport. According to its Facebook site, both Georgetown and George Washington have muggle teams.

Entertainment



BLOODY GOOD FOR BUSINESS: A sign welcomes guests to Forks, Wash., a small town revitalized by avid "Twilight" fans.

Vamping Trips

As the 'Twilight' book series gains fans, so does Forks, Wash.

GARLIC NOT INCLUDED | Pounding rain and heavy mist are constant in this timber town where logging's decline left a graveyard of rusting timber mills and unemployment. Businesses shut down. Parts of the local high school were condemned.

Families started to drift away.

Until a cast of vampires breathed new life into the town.

"I fell in love with it," says 18-year-old Samantha Cogar, who dragged her grandparents on a 2,500 mile road trip to Forks from Louisville, Ky., earlier this summer. "I can't wait to go back."

Cogar is one of thousands of visitors who have flocked to Forks in response to "Twilight," the hottest

book series to hit shelves since "Harry Potter." Set in Forks, on the gritty edge of the Olympic Mountain Range, the books have captured the hearts of readers around the world.

In a town framed by towering spruce, where rough, blue-collar edges are tangible, the unexpected attention seems to be a second chance for the economy. Inspired by a world of make-believe, "Twilight" fans are bringing the town back to life.

Four years ago, author Stephenie Meyer introduced Bella Swan, a 17-year-old who moves to Forks and is torn between the love of classmate Edward Cullen and best friend Jacob Black. Before long, she realizes something is off: Edward is a vampire and Jacob is a werewolf.

Readers were hooked, and three more "Twilight" books followed. "Breaking Dawn," the fourth and final book of her "Twilight" series, came out in July and has remained at the top of best-seller lists ever since. Teens across the country celebrated the release of the book by dressing up as characters from the series for midnight parties at bookstores — much the way "Harry Potter" books were launched.

As the pages kept coming, the series' cultlike following increased. Forks was quick to embrace the frenzied fans. The line where reality ends and imagination begins is starting to blur, says Michael Gurling, who caught inspiration from the tourism boom and started his own Twilight Tours.

After enlisting a few locals, he asked for help in picking out houses that could serve as stand-ins for the book's famous Forks stops: Bella's and Edward's houses, and a field where vampires play baseball. Other locations, such as the police station, where Bella's father works, and the hospital, where Edward's father is a doctor, play their own parts. They chipped in, providing cruisers near which fans may take pictures and reserved a spot for "Dr. Cullen" in the parking lot.

WHITNEY MALKIN (AP)



CROSSOVER KUDOS: The late Jam Master Jay of Run-DMC deserves the nod.

Hoping to Get Props For Rock

Hall of Fame hopefuls include Run-DMC, Metallica and Chic

HONORS | Run-DMC could "Walk This Way" into the Rock and Roll Hall of Fame. The 1980s rap act, Metallica and the Stooges are among the nine nominees for next year's hall of fame class, the Rock and Roll Hall of Fame Foundation announced Monday.

The other nominees are guitarist Jeff Beck, singer Wanda Jackson, Little Anthony and the Imperials, War, Bobby Womack, and disco and R&B group Chic, the only nominee back from last year's ballot.

The five leading vote-getters will be announced in January and inducted April 4, 2009, in Cleveland. The ceremony typically has been held in New York but is returning to Cleveland after more than a decade-long absence.

Grandmaster Flash and the Furious Five opened the door for rap at the Rock Hall as the first hip-hop act to be inducted in 2007. Now, Run-DMC, nominated in the first year of its eligibility, has the chance to follow on the strength of rock and rap blends such as the 1986 cover of Aerosmith's "Walk This Way" and classics like "My Adidas." JOE MILICIA (AP)

Soundtrack of His Campaign

New CD compilation lends Obama support in words and money

TAIL RE-MIX | Barack Obama's presidential campaign, which has inspired a multitude of songs by stars and amateurs alike, is now getting an official soundtrack.

"Yes We Can: Voices of a Grass-roots Movement," which takes its title from an Obama campaign slogan, features performers such as

Kanye West, John Legend, Sheryl Crow and Stevie Wonder. It's available for sale exclusively through Obama's campaign. The CD's proceeds (\$25 for a digital download, \$30 for a physical product) will help fund Obama's campaign until Nov. 4, Election Day.

Steve McKeever, CEO and founder of Hidden Beach, a long-time Obama supporter, said he had been talking to people within the Obama campaign about a project like "Yes We Can" for a while.



A CD about his awesomeness is music to presidential hopeful Obama's ears.

"We had conversations quite some time ago about how to harness what was happening really organically and naturally with so many artists," he said. "The whole concept [was] how do we translate that to inspire and invigorate and also give people a keepsake that they can own while at the same time providing some important capital needed for this campaign?"

McKeever said he had more than 150 submissions for the CD.

NEKESA MUMBI MOODY (AP)

Entertainment



PUBLISHER PLANS TO CAPITALIZE ON JACKIE O AND ITSELF: Jacqueline Kennedy's years as a book editor, 16 of them at Doubleday, will be the subject of a Doubleday book coming out in 2011 written by historian William Kuhn.

Ritchie Renewal

British director opts for another crime caper in 'RocknRolla'

RETURNS | Guy Ritchie is returning to form. The British filmmaker first made waves in the late 1990s with a pair of London-set crime capers — “Lock, Stock and Two Smoking Barrels” and “Snatch” — and made even more when he married Madonna in 2000. Their subsequent collaboration, “Swept Away,” didn’t exactly win over Hollywood. And 2005’s “Revolver” might well have bought him a ticket to movie jail.

But Ritchie is revisiting the crime caper in “RocknRolla,” which had its North American premiere at the Toronto International Film Festival and opens Oct. 8 in North America.

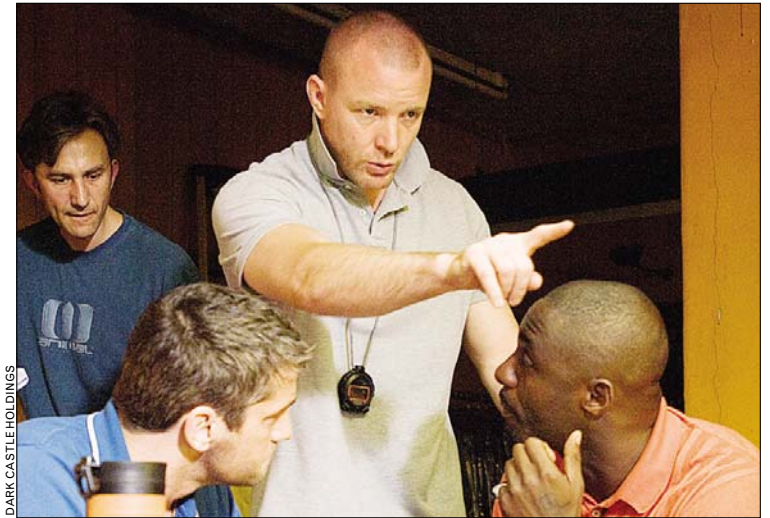
“RocknRolla” seems like a return to your roots. How did the film come about?

There’s a conspiracy of answers. For one, it’s easy for me to find a market for those films. And I enjoy making them, and no one else seems to make those kinds of movies. I was also interested in what is happening in London and how it’s been

changing. Nothing was reflecting that change creatively, and I wanted to explore that evolution.

After “Revolver” and “Swept Away,” some will say that you’re going back to what you were successful at.

There’s truth in that, to a degree. I wanted to make those movies; they are avenues I wanted to explore. But “Lock” and “Snatch,” they are the movies I like doing. It’s a balance. I want to make what I want to make and still have people come out. “Revolver,” to a degree, was an indulgence. I fell in love with the



WHEW, NO MADGE: Ritchie’s “RocknRolla” returns him to crime caper greatness.

idea, the concept of, “What if your mind is your greatest enemy?” There are only a finite amount of films like that that people are going to accept from me.

How do you get out of movie jail?
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IGOR (PG) (145 430) 700 915
GHOST TOWN (PG-13) (130 415) 715 945

TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (100 115 200 245 330 400 445 530) 600 645 730 815 900 945 1030
THE WOMEN (PG-13) (200 430) 715 1000
RIGHTEOUS KILL (R) - ID REQ'D (145 230 415 500) 645 730 930 1000
BURN AFTER READING (R) - ID REQ'D (230 445) 715 945
TRAITOR (PG-13) (400) 900
TROPIC THUNDER (R) - ID REQ'D (130) 630

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
MY BEST FRIEND’S GIRL (R) - ID REQ'D (200 430) 730 1015
LAKEVIEW TERRACE (PG-13) (145 445) 745 1030
IGOR (PG) (100 400) 700 915
GHOST TOWN (PG-13) (130 415) 715 1000
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (130 230 415 515) 715 815 1000 1045
115 215 530) 730 830

RIGHTEOUS KILL (R) - ID REQ'D (430) 1015
OC: RIGHTEOUS KILL (R) - ID REQ'D (145 445) 745 1030
BURN AFTER READING (R) - ID REQ'D (100 345) 645 930
TRAITOR (PG-13) (115) 930
THE LONGSHOTS (PG) (400) 630
HOUSE BUNNY (PG-13) (100 345) 700 945
TROPIC THUNDER (R) - ID REQ'D (215 500) 815 1045
THE DARK KNIGHT (PG-13) (230) 635 945

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale EAGLE EYE (PG-13) ★
IGOR (PG) (225 450) 710 930
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (130 425) 730 1020
RIGHTEOUS KILL (R) - ID REQ'D (100 140 350 430) 650 740 940 1030
BURN AFTER READING (R) - ID REQ'D (200 240 440 520) 720 800 1000

VICKY CRISTINA BARCELONA (PG-13) (130 400) 630 905
STAR WARS: THE CLONE WARS (PG) (150 415) 700
TROPIC THUNDER (R) - ID REQ'D (215 500) 750
PINEAPPLE EXPRESS (R) - ID REQ'D 950 PM
TRANSSIBERIAN (R) - ID REQ'D 810 PM
MAMMA MIA (PG-13) (120 410) 710 955
THE DARK KNIGHT (PG-13) (115 445) 810 (250 530)

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
LAKEVIEW TERRACE (PG-13) (120 200 410 450) 700 740 950 1030
MY BEST FRIEND’S GIRL (R) - ID REQ'D (210 500) 750 1035
IGOR (PG) (155 420) 710 935
GHOST TOWN (PG-13) (135 425) 715 1000
OC: RIGHTEOUS KILL (R) - ID REQ'D (400) 940
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (100 140 220 310 350 430 510) 600 640 720 800 850 930 1010

THE WOMEN (PG-13) (1250 340) 630 910
RIGHTEOUS KILL (R) - ID REQ'D (110 150 440) 650 730 1020
TRAITOR (PG-13) (240 530) 820
DEATH RACE (R) - ID REQ'D 920 PM
FLY ME TO THE MOON 3D \$2.50 ADDED FEE FOR 3-D (G) ★ (225 440) 700
TROPIC THUNDER (R) - ID REQ'D (235 520) 810
THE DARK KNIGHT (PG-13) (130 455) 820

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
MY BEST FRIEND’S GIRL (R) - ID REQ'D (Stadium) (1210 250 520) 800 1025
IGOR (PG) (Stadium) (1220 230 445) 715 930
GHOST TOWN (PG-13) (Stadium) (115 400) 730 1000
LAKEVIEW TERRACE (PG-13) (Stadium) (1205 105 240 350 515) 655 755 935 1030

RW: RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (1235 305) 635 900
THE WOMEN (PG-13) (Stadium) (100 345) 705 955
RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (135 410) 720 1005
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1200 1245 130 235 330 415 510) 615 700 745 855 940 1020
BURN AFTER READING (R) - ID REQ'D (Stadium) (1215 120 245 340 505) 620 740 910 1015
BANGKOK DANGEROUS (R) - ID REQ'D (Stadium) 925 PM
TRAITOR (PG-13) (Stadium) 950 PM
HOUSE BUNNY (PG-13) (Stadium) (1240 310) 605 850
TROPIC THUNDER (R) - ID REQ'D (Stadium) (1255 325) 645
THE DARK KNIGHT (PG-13) (Stadium) (1200 315) 630

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
MY BEST FRIEND’S GIRL (R) - ID REQ'D (1130 200 430) 725 1000
IGOR (PG) (1150 225 445) 705 925
GHOST TOWN (PG-13) (1135 205 435) 710 955
LAKEVIEW TERRACE (PG-13) (1140 220 500) 740 1025
OC: RIGHTEOUS KILL (R) - ID REQ'D (340) 920
THE WOMEN (PG-13) (120 400) 730 1010
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (125 410) 745 1030

RIGHTEOUS KILL (R) - ID REQ'D (1155 100 240 510) 640 750 1020
BURN AFTER READING (R) - ID REQ'D (1210 115 230 350 450) 620
BANGKOK DANGEROUS (R) - ID REQ'D (1250 330) 655 930
BABYLON AD (PG-13) (130 345) 630 905
TRAITOR (PG-13) (110 405) 735 1015
THE LONGSHOTS (PG) 845 PM
HOUSE BUNNY (PG-13) (1240 325) 625 900
FLY ME TO THE MOON 3D \$2.50 ADDED FEE FOR 3-D (G) ★ (1200 210) 700

STAR WARS: THE CLONE WARS (PG) (1220 305) 610
TROPIC THUNDER (R) - ID REQ'D (1235 320) 650 945
THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13) (1230 310) 605 855
MAMMA MIA (PG-13) (1215 300) 710 955
THE DARK KNIGHT (PG-13) (1255 415) 755
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (G) ★ (425) 915

FOX STADIUM 16

22875 Crawford Plz. Ashburn, VA 703-957-1035
Adv. Tix on Sale EAGLE EYE (PG-13) ★
RW: GHOST TOWN (PG-13) (Stadium) (1200 230 500) 730 1005
MY BEST FRIEND’S GIRL (R) - ID REQ'D (Stadium) (130 430) 715 1015
IGOR (PG) (Stadium) (1210 220 430) 700 915
RW: RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (145 415) 720 950
THE WOMEN (PG-13) (Stadium) (100 345) 645 930
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (Stadium) (1215 300) 710 1000

RIGHTEOUS KILL (R) - ID REQ'D (Stadium) (1245 315) 600 830
BURN AFTER READING (R) - ID REQ'D (Stadium) (120 410) 715 945
DISASTER MOVIE (PG-13) (Stadium) (150 420) 750 1010
BABYLON AD (PG-13) (Stadium) 840 PM
TRAITOR (PG-13) (Stadium) (1230 330) 620 900
HOUSE BUNNY (PG-13) (Stadium) (1240 310) 650 920
STAR WARS: THE CLONE WARS (PG) (Stadium) (110 340) 615
TROPIC THUNDER (R) - ID REQ'D (Stadium) (115 350) 640 910
MAMMA MIA (PG-13) (Stadium) (1220 245) 610 845
THE DARK KNIGHT (PG-13) (Stadium) (1205 320) 630 940

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
LAKEVIEW TERRACE (PG-13) (100 400) 700 945
IGOR (PG) (105 320 335) 750 1005
GHOST TOWN (PG-13) (130 430) 725 1010
THE WOMEN (PG-13) (140 445) 730 1000
RIGHTEOUS KILL (R) - ID REQ'D (115 230 405 500) 705 745 935 1015
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (125 410) 710 950

PINEAPPLE EXPRESS (R) - ID REQ'D 925 PM
BOTTLE SHOCK (PG-13) (135 420) 655 930
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (120 345) 645 920
WALL-E (G) (110 350) 650

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale FIREPROOF (PG) ★
Adv. Tix on Sale EAGLE EYE (PG-13) ★
LAKEVIEW TERRACE (PG-13) (1115 200 445) 730 1015
MY BEST FRIEND’S GIRL (R) - ID REQ'D (1200 100 310 400) 615 700
IGOR (PG) (900) 1000
GHOST TOWN (PG-13) (1130 145 420) 715 950
THE WOMEN (PG-13) (1100 130 355) 650 930
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (1145 245 545) 830
TYLER PERRY’S: THE FAMILY THAT PREYS (PG-13) (1215 115 305 405) 625 725 910 1010

RIGHTEOUS KILL (R) - ID REQ'D (1245 140 345 415) 645 745 920 1020
BURN AFTER READING (R) - ID REQ'D (1225 250 530) 800 1040
HOUSE BUNNY (PG-13) (120 350) 620 855
FLY ME TO THE MOON 3D \$2.50 ADDED FEE FOR 3-D (G) ★ (220) 720
TROPIC THUNDER (R) - ID REQ'D (1230) 1035
THE DARK KNIGHT (PG-13) (300) 705
JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★ (500) 940

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You may be eligible to participate in this study if:

- You are 52 through 60 years of age.
- You are not taking insulin, Actos®, or Avandia®.

- Compensation is provided.
- Study is conducted at the NIH Clinical Center in Bethesda, MD.
- Refer to study #08-H-0028.

Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

For more information please call:

1-800-411-1222

TTY: 1-866-411-1010

Se habla español

www.clinicaltrials.gov

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- Meet Dr. Richard Shurtz, President of Stratford University and radio personality to discuss world of Internet Technology
- Learn how to achieve personal and professional success with Certified Life Coach Helen Flynn
- Review/Create resume with staff consultant
- Attend business roundtable on trends for the future in international business
- Have blood pressure and weight checked in Allied Health Department
- Take CPR training (Pre-register by 9/20 and pay \$10 to receive certificate)
- Watch and participate in web page development in Digital Design Department

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AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
6:35, 9:15
SPACE STATION 3D (NR-NOT RATED) 1:55, 4:00

DIGITAL 3D
FLY ME TO THE MOON 3-D (G) 2:30, 7:00
JOURNEY TO THE CENTER OF THE EARTH (PG)
4:40, 9:10

GHOST TOWN (PG13) ✓ 2:15, 4:45, 7:20, 9:50
IGOR (PG) 2:10, 4:20, 7:35, 9:55
LAKEVIEW TERRACE (PG13) ✓ 1:45, 2:35, 4:35, 5:05, 7:10, 7:40, 9:45, 10:15
MY BEST FRIEND'S GIRL (R) ✓ 2:25, 2:55, 4:50, 5:20, 7:15, 7:45, 9:40, 10:10
RIGHTEOUS KILL (R) 1:35, 2:00, 4:00, 4:35, 6:25, 7:05, 9:00, 9:30
RIGHTEOUS KILL (R) 2:00, 4:25, 7:05, 9:30
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:40, 2:20, 3:25, 4:25, 4:55, 6:00, 6:30, 7:00, 7:30, 8:35, 9:05, 9:35, 10:05
THE WOMEN (PG13) 2:45, 5:20, 7:55
BANGKOK DANGEROUS (R) 1:30, 4:00
TRAITOR (PG13) 2:40, 5:15, 7:50
DEATH RACE (R) 5:00, 10:05
THE HOUSE BUNNY (PG13) 2:05, 4:30, 7:05, 9:35
TROPIC THUNDER (R) 2:20, 4:55, 7:25, 9:55
PINEAPPLE EXPRESS (R) 2:25, 7:30
THE DARK KNIGHT (PG13) 3:05, 6:20, 9:40
BURN AFTER READING (R) 1:50, 2:30, 4:20, 4:50, 7:10, 7:40, 9:30, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
3:15, 6:10, 9:00
SPACE STATION 3D (NR-NOT RATED) 1:45

DIGITAL PRESENTATION
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 2:15, 5:15, 7:55, 10:35
GHOST TOWN (PG13) 1:50, 4:40, 7:20, 10:25
IGOR (PG) 2:35, 5:00, 7:00, 9:15
LAKEVIEW TERRACE (PG13) 1:30, 4:30, 7:10, 9:45
MY BEST FRIEND'S GIRL (R) 2:30, 5:20, 7:50, 10:15
RIGHTEOUS KILL (R) 2:10, 4:50, 7:25, 10:00
RIGHTEOUS KILL (R) 2:10, 4:50, 7:25, 10:00
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:15, 4:00, 6:45, 9:30
THE WOMEN (PG13) 2:20, 7:05, 10:20
TRAITOR (PG13) 2:05, 4:55, 7:40, 10:10
THE HOUSE BUNNY (PG13) 1:00, 3:30, 7:30, 9:50
TROPIC THUNDER (R) 2:00, 4:45, 7:15, 10:05
THE DARK KNIGHT (PG13) 3:20, 6:40, 9:55

AMC SELECT
BURN AFTER READING (R) 2:40, 5:10, 7:35, 10:30

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

GHOST TOWN (PG13) ✓ 2:00, 4:25, 6:55, 9:20
IGOR (PG) ✓ 1:20, 3:35, 5:50, 8:05, 10:25
LAKEVIEW TERRACE (PG13) ✓ 2:10, 4:50, 7:30, 10:15
MY BEST FRIEND'S GIRL (R) ✓ 3:05, 5:40, 8:15, 10:30
RIGHTEOUS KILL (R) 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:05, 10:20
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:45, 4:30, 7:15, 10:00
THE WOMEN (PG13) 1:25, 4:15, 7:05, 9:55
TRAITOR (PG13) 1:50, 4:35, 10:10
THE HOUSE BUNNY (PG13) 2:30, 5:00, 7:25, 9:45
TROPIC THUNDER (R) 2:50, 5:20, 7:55, 10:20
TROPIC THUNDER (R) 2:50, 5:20, 7:55, 10:20
BURN AFTER READING (R) 1:55, 4:20, 6:45, 9:15
BURN AFTER READING (R) 3:10, 5:35, 8:00, 10:30
VICKY CRISTINA BARCELONA (PG13) 2:40, 5:10, 7:35, 10:05

✓-SPECIAL ENGAGEMENT No passes or discount coupons

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE
KUNG FU PANDA: THE IMAX EXPERIENCE (PG)
4:15, 8:10, 10:30
SPACE STATION 3D (NR-NOT RATED) 1:05, 2:40, 6:35

DIGITAL 3D
FLY ME TO THE MOON 3-D (G) 2:15, 7:05
JOURNEY TO THE CENTER OF THE EARTH (PG)
4:25, 9:25

GHOST TOWN (PG13) ✓ 1:55, 4:35, 7:15, 9:55
IGOR (PG) ✓ 2:00, 4:20, 6:50, 9:15
LAKEVIEW TERRACE (PG13) ✓ 1:15, 2:05, 4:00, 4:45, 6:45, 7:30, 9:30, 10:15
MY BEST FRIEND'S GIRL (R) ✓ 2:10, 4:40, 7:25, 10:00
RIGHTEOUS KILL (R) 2:20, 3:05, 4:50, 5:35, 7:20, 8:00, 9:50, 10:25
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:00, 1:30, 3:35, 4:10, 4:55, 6:15, 7:00, 7:45, 9:00, 9:45, 10:20
THE WOMEN (PG13) 1:10, 3:55, 6:40, 9:20
BANGKOK DANGEROUS (R) 2:30, 7:40, 10:10
TRAITOR (PG13) 5:00
DEATH RACE (R) 4:20, 10:15
THE HOUSE BUNNY (PG13) 1:50, 4:30, 7:10, 9:40
STAR WARS: THE CLONE WARS (PG) 2:25
TROPIC THUNDER (R) 2:35, 5:05, 7:45, 10:25
THE DARK KNIGHT (PG13) 1:00, 6:55

AMC SELECT
BURN AFTER READING (R) 2:45, 5:10, 7:35, 10:05

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

GHOST TOWN (PG13) ✓ 3:00, 5:30, 8:00
LAKEVIEW TERRACE (PG13) ✓ 2:25, 4:50, 7:30
MY BEST FRIEND'S GIRL (R) ✓ 2:40, 5:10, 7:40
THE WOMEN (PG13) 2:00, 4:30, 7:10
TRAITOR (PG13) 2:45, 5:20, 7:50
THE HOUSE BUNNY (PG13) 3:20, 5:40, 8:10
THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 4:20, 7:00

AMC SELECT
HAMLET 2 (R) 2:50, 5:00, 7:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

IGOR (PG) 12:45, 3:00, 5:15, 7:30, 9:45
LAKEVIEW TERRACE (PG13) 12:35, 1:35, 3:35, 4:35, 6:35, 7:35, 9:35, 10:05
MY BEST FRIEND'S GIRL (R) 1:15, 4:15, 7:10, 9:40
RIGHTEOUS KILL (R) 12:10, 1:40, 2:40, 4:10, 5:10, 6:40, 7:40, 9:10, 10:10
RIGHTEOUS KILL (R) 1:40, 4:10, 6:40, 9:10
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 12:05, 1:05, 2:05, 3:05, 4:05, 5:05, 6:05, 7:05, 8:05, 9:05, 10:05
DISASTER MOVIE (PG13) 12:20 PM, 10:15 PM
TRAITOR (PG13) 1:10, 4:20, 7:00, 9:30
DEATH RACE (R) 2:50
THE LONGSHOTS (PG) 12:15, 2:35, 4:50, 7:20, 9:50

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT
BURN AFTER READING (R) 1:30, 2:30, 4:10, 4:50, 7:10, 7:50
VICKY CRISTINA BARCELONA (PG13) 1:50, 4:10, 7:00
I SERVED THE KING OF ENGLAND (R) 2:20, 5:00, 7:40
BOTTLE SHOCK (PG13) 1:40, 4:20, 7:00
TRANSIBERIAN (R) 2:10, 7:30
FROZEN RIVER (R) 4:30
TELL NO ONE (NR-NOT RATED) 2:00, 4:40, 7:20

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE DARK KNIGHT (PG13) 2:00, 5:15, 8:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
JOURNEY TO THE CENTER OF THE EARTH (PG)
1:05, 3:20, 5:40, 8:05, 10:20

GHOST TOWN (PG13) ✓ 12:55, 3:20, 5:45, 8:15, 10:45
IGOR (PG) ✓ 12:50, 3:00, 5:10, 7:30, 9:45
LAKEVIEW TERRACE (PG13) ✓ 1:50, 4:40, 7:35, 10:15
MY BEST FRIEND'S GIRL (R) ✓ 1:45, 4:25, 7:15, 9:55
RIGHTEOUS KILL (R) 1:00, 1:55, 3:30, 4:30, 5:55, 7:20, 8:20, 10:00, 10:45
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:20, 2:40, 4:05, 5:20, 7:00, 7:55, 9:40, 10:30
THE WOMEN (PG13) 1:35, 4:35, 7:40, 10:25
BANGKOK DANGEROUS (R) 3:25, 8:10
BABYLON A.D. (PG13) 1:10, 5:50, 10:35
TRAITOR (PG13) 1:30, 4:20, 7:10, 9:50
TRAITOR (PG13) 1:30, 4:20, 7:10, 9:50
THE HOUSE BUNNY (PG13) 7:15, 9:30
TROPIC THUNDER (R) 2:00, 4:45, 7:25, 10:10
THE DARK KNIGHT (PG13) 1:00, 7:05
MAMMA MIA! SING A LONG (PG13) 4:15, 10:40
BURN AFTER READING (R) 12:55, 3:10, 5:30, 8:00, 10:15

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

GHOST TOWN (PG13) 1:45, 4:20, 7:00
LAKEVIEW TERRACE (PG13) 2:00, 4:40, 7:30
MY BEST FRIEND'S GIRL (R) 2:20, 5:10, 7:40
RIGHTEOUS KILL (R) 2:10, 4:50, 7:20
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 2:30, 5:00, 7:50
THE WOMEN (PG13) 1:50, 4:30, 7:10
MAMMA MIA! (PG13) 1:55, 4:35

LOEWS RIO CINEMAS 18

9811 Washington Boulevard
301-948-0906

DIGITAL 3D
FLY ME TO THE MOON 3-D (G) 4:25, 6:35, 8:45
JOURNEY TO THE CENTER OF THE EARTH (PG)
2:00, 10:50

GHOST TOWN (PG13) ✓ 1:50, 4:15, 7:10, 9:45
GHOST TOWN (PG13) ✓ 1:50, 4:15, 7:10, 9:45
IGOR (PG) ✓ 2:05, 4:30, 6:40, 8:50
LAKEVIEW TERRACE (PG13) ✓ 1:15, 2:20, 3:50, 4:55, 6:25, 7:35, 9:15, 10:10
MY BEST FRIEND'S GIRL (R) ✓ 2:15, 4:45, 7:15, 9:45
RIGHTEOUS KILL (R) 1:20, 2:30, 3:40, 5:05, 6:10, 7:30, 8:40, 10:00
TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 1:10, 2:25, 3:45, 5:00, 6:20, 7:45, 9:00, 10:15
THE WOMEN (PG13) 1:30, 4:10, 7:00, 9:35
BANGKOK DANGEROUS (R) 4:05, 6:45, 9:10
BABYLON A.D. (PG13) 1:05, 5:45, 10:20
DISASTER MOVIE (PG13) 3:20, 8:05
TRAITOR (PG13) 1:45, 4:20, 7:05, 9:40
THE HOUSE BUNNY (PG13) 1:00, 3:25, 5:45, 8:05, 10:25
STAR WARS: THE CLONE WARS (PG) 1:40
TROPIC THUNDER (R) 1:25, 4:00, 6:30, 9:05
THE DARK KNIGHT (PG13) 1:35, 4:50, 8:10
BURN AFTER READING (R) 2:10, 4:35, 7:20, 9:35

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GHOST TOWN (PG13) 2:10, 4:35, 7:30
LAKEVIEW TERRACE (PG13) 2:15, 4:45, 7:20
THE WOMEN (PG13) 2:00, 4:50, 7:25
AMC SELECT
BURN AFTER READING (R) 2:25, 4:40, 7:15
VICKY CRISTINA BARCELONA (PG13) 2:30, 5:00, 7:35

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Times for Tuesday, September 23, 2008

TUESDAY | 09.23.2008 | EXPRESS | 21

What Does Depression Look Like?

Are you Depressed? If so, you may want to participate in a National Institute of Mental Health (NIMH) research study to see the changes in brain chemistry that may cause depression. Participants will be given anti-depressant medication between two PET scans, separated by several weeks. The study is conducted at the NIH Clinical Center in Bethesda, MD.

Participants Should:

- Be currently depressed
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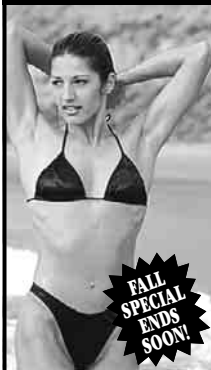
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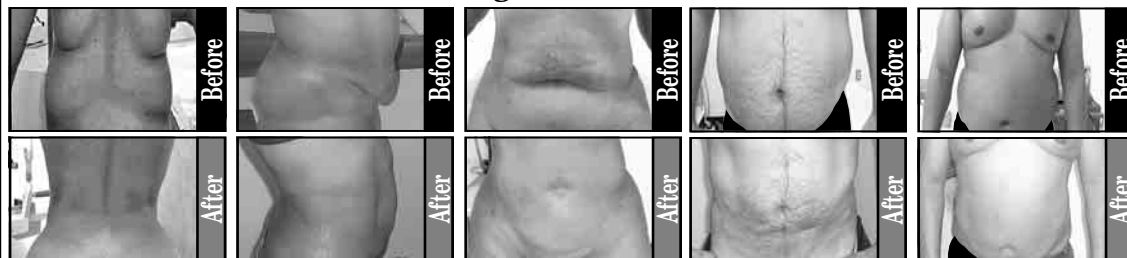
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Entertainment



Prepare to be depressed: "Crash" writer-executive producer Glen Mazzara, center, flanked by his creative team, says the show will explore the underbelly of L.A.

'Crash' Into A TV Show

An Oscar-winning film finds a new life on the small screen

SO L.A. | In "Crash," the 2004 film that won the Oscar for best picture, the city of Los Angeles was more than a character. It was an allegory for isolation. The rich, the powerful, the poor and the disaffected. Black, white, Hispanic, Korean and Iranian came into contact only by accident, suggesting that nearly everyone was blinded by racism.

"Crash," the 2008 television series that premieres Oct. 17 on the cable channel Starz, is a bit different. Although the setting is Los Angeles, the car crashes are fewer, the people mix more naturally, and the city is presented as an oppressive force. (Ironically, the show was shot not in Los Angeles, but in the tax incentive-offering state of New Mexico.)

As the pay cable channel's first foray into an hour-long scripted drama, the 13-episode series hopes to snag viewers with as much surprise, conflict and political incor-

rectness as the original film. In fact, the feature film, directed by Paul Haggis, was originally conceived as a television series.

An episode highlight: actor Dennis Hopper as aging wild man Ben Cendars, a once-successful hip-hop music producer struggling to retrieve his top-dog status. Since this is pay cable at 10 p.m., viewers will be treated to his dark and self-destructive habits, including drug abuse and sexual dysfunction; in the first episode, he exposes himself.

In the television version, Los Angeles becomes less of an allegory and more a simple elucidation of the raw power it exerts over its residents.

"A lot of living in Los Angeles is a hustle," writer-executive producer Glen Mazzara explains. "There's a tremendous amount of success and optimism. 'If I work hard, make the right connections and I put in the right time, I can get what I want.' It may or may not be true, but people believe that." LYNN SMITH

(LOS ANGELES TIMES)

THIS JUST IN: AWARD SHOWS ARE BORING: The Emmys had one of its smallest audiences ever on Sunday. Nielsen Media Research's preliminary estimate was that 12.24 million people watched Sunday's show. Just under 13 million watched in 2007.



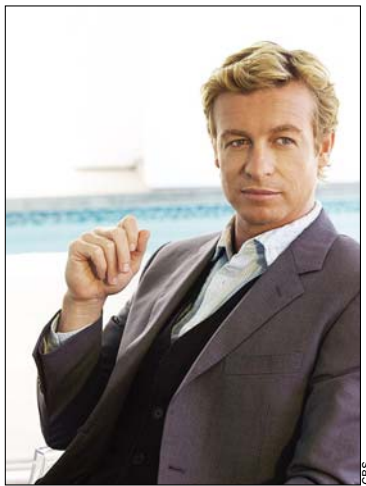
Television

Powers of Observation

'The Mentalist' has an uncanny ability to see what's barely there

GIFTED | Can a good-looking, suave and charming character succeed in the defective-detective genre popularized by "Monk" and "Psych"? CBS is hoping Simon Baker ("The Guardian") will draw viewers to "The Mentalist" (9 p.m., CBS) and that they won't mind that its central figure looks like an ultra-dashing leading man.

Patrick Jane (Baker) notices things that ordinary detectives miss. He's observant, intuitive and not above playing head games with his prey. For years, he passed as a TV psychic (seemingly modeled on John Edward of "Crossing Over"). And like Adrian Monk, a traumatic



DAPPER DETECTIVE: Actor Simon Baker is missing that scruffy cop look.

act of violence changed the trajectory of his life and sent him into freelance police work that allows him to dazzle and annoy his uni-

formed colleagues.

"The Mentalist" goes a little deeper than its cable brethren. Jane's abandonment of his sham work as a medium appears to have coincided with his renunciation of all things spiritual. This gets him into occasional squabbles with his overtly religious peers. Jane just may become prime time's sexiest atheist. Not that there's much competition for that spot.

Baker has fun playing a character who always seems to know more than his boss (Robin Tunney) and the audience. He appears almost as intent on frustrating and annoying us as he is on solving the case. He's a damaged Columbo who doesn't play well with others. It's not that he doesn't want to; he doesn't seem to know how. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

ON TV TONIGHT

WHO'S THERE?

Contestants find the right answers are all in the family on the new game show **OPPORTUNITY KNOCKS** (8 p.m., ABC).

NO LOVE FOR 'CITIZEN KANE'

Seen earlier this year on CBS, **AFI'S 10 TOP 10** (8 p.m., AMC) offers a clip-rich look at the top-10 movies in 10 categories. The whole enterprise seems rigged to deny perennial best-film winner "Citizen Kane" a place on the list.

FOUR LEFT FEET

A couple that just can't cut it falls by the wayside on **DANCING WITH THE STARS** (9 p.m., ABC).

GOOD DEED GONE WRONG

As the hospital tries to solve a mystery involving deaths from a single organ donor, House continues to obsess about Wilson on **HOUSE** (8 p.m., Fox).

STUDIO GIANT

"American Masters" (9 p.m., PBS) presents the five-hour, three-night movie history **YOU MUST REMEMBER THIS: THE**



THE FAMILY THAT PLAYS TOGETHER: Is on "Opportunity Knocks" tonight.

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COLOR WARS

Vic's gang scheme gets out of control on **THE SHIELD** (10 p.m., FX).

CAN'T GET ENOUGH

SECRET LIFE OF WOMEN (10 p.m., WE) concludes with a look at sex addicts. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

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Two Discs, Varied Vibes

Rachael Yamagata's new release delves into different moods

GET MORE of our discussion with Yamagata and hear her music at Expressnightout.com

MUSIC | Rachael Yamagata didn't want to make a double album. She didn't want to make a particularly long album, either.

In the end, she kind of did both.

Yamagata's sophomore effort, "Elephants ... Teeth Sinking Into Heart" (Warner Bros.), out Oct. 7, is an album divided into two distinct halves — not a double album (though it's on two CDs), just a record in two parts, separate yet linked.

And it took her awhile to get there.

"I probably did 50 sequences of this record," Yamagata said. "At the end of the day, I found this sequence for 'Elephants' [which makes up



NIGHT AND DAY: Rachael Yamagata had more angst than one disc could handle.

the album's first nine songs] to be more of like a film score. It's really one of those things where you may listen to it once a year when you're by yourself and in a certain mood, and that's how I envisioned it."

"Teeth Sinking into Heart" showcases Yamagata's more rocking side. If the first half is her trapped in a depressed rut, the second is her breaking free and starting to stand on her own.

"The five songs on ['Teeth'] are] playing on the same themes, but that's really like driving music, blasting songs with your windows down," she said.

Yamagata said she also framed the record's songs with concerts in mind.

"I'm always thinking of the live show and what will make an interesting live show and give you a range of experiences," she said.

On Tuesday, she takes the stage for a homecoming at the Birchmere — Yamagata was born in Alexandria and raised in Bethesda, Germantown and Potomac.

"I always have fun at the Birchmere," she said. "That room is a little strange because of the tables and whatnot, but the sound is actually really great." RUDI GREENBERG

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; with Kevin Devine, Tue., 7:30 p.m., \$20; 800-551-7328.*

thescene



R&B crooner Avant sings the tried and true ballad at the Birchmere tomorrow.

WEDNESDAY

Avant: Platinum-selling contemporary R&B artist. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$29.50; 703-549-7500.

Ben Folds: The chameleon of a singer puts his uppity foot forward. Constitution Hall, 1776 D St. NW; 8 p.m., \$24-\$39; 202-397-7328. (Farragut West)

Nicole Shivers and Tara Nichols:

Authors discuss their book on traveling to Africa in "Maddening Behaviors: Some I Hear, A Lot I See." Busboys and Poets, 2021 14th St. NW; 6 p.m., free; 202-387-7638. (U St.-Cardozo)

THURSDAY

Oxford Collapse: Raucous, charming Brooklyn band. With Takka Takka. Black Cat, 1811 14th St. NW; 9 p.m., \$10; 202-667-4490. (U St.-Cardozo)

Start to Finish Graduation Showcase: Comedians fresh out of boot camp, with Matt Kazam. D.C. Improv, 1140 Connecticut Ave. NW; 8 p.m., \$10; 202-296-7008. (Farragut North)

Drunken Jenga: That pretty much says it. Rock and Roll Hotel, 1353 H St. NE; 8 p.m., free; 202-388-7625.

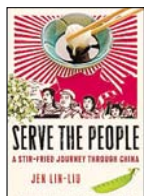
FRIDAY

Black Kids: Cure-like rockers whose star is on the rise. Black Cat, 1811 14th St. NW; 9 p.m., \$10; 202-667-4490. (U St.-Cardozo)

Band of Annuals: Alt-country out of Salt Lake City. DC9, 1940 9th St. NW; 9 p.m., \$8. 202-483-5000. (U St.-Cardozo)

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

topstops



This Journey Tastes Good!

Recently, the media have taken the American public on many journeys through China. There's the Olympic journey, there's the "China's scary, watch out!" journey, there's the "No one can breathe in China!" journey.

2 But freelance journalist and food writer Jen Lin-Liu is at Olsson's to take us on a decidedly different sort of journey: a refreshing, tasty sort of journey. In her new book, "Serve the People: A Stir-Fried Journey Through China," Lin-Liu starts out as a cooking student and works her way through the echelons of the Chinese culinary hierarchy. Come grab a copy and discuss everything from noodle stalls to chic Shanghai restaurants tonight. K.E.

→ *Olsson's, 1307 19th St. NW; 7 p.m., free; 202-785-1133. (Dupont Circle)*

Best Album Forward

Built to Spill is pulling a move that I, for one, find brilliant. The 9:30 Club's Web site indicates that when it is in town tonight, it will be performing its album "Perfect From Now On" in its entirety. When the record was released in the late '90s, it received

widespread acclaim from fans and critics alike, so BTS is kindly saying, "Hey, why not give the people what they want?" As for openers, there'll be Australian rockers the Drones and a personal favorite when it comes to band names — the Meat Puppets. K.E.

→ *9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)*



Listen to Me — I'm Irish

3 Much like the popular Irish musician Glen Hansard (of the Frames and the hit indie flick "Once"), Mark Geary does something pretty spectacular with just his voice and an acoustic guitar. However do they do it? Maybe it's an Irish thing (they're both born-in-Dublin boys), but Geary puts a certain intensity behind his lyrics and in his tone that makes it difficult to stop listening. It's always simple, yet somehow never drab. He's been in the game for a decade, but his latest album, "Opium," might be his finest work to date. See him play selections from it at Iota tonight with Ben Arnold. K.E.

→ *Iota, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$12; 703-522-8340. (Clarendon)*



Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at Expressnightout.com/topstops.



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Beauty

Destiny De'Ve Hair Salon & Spa is seeking licensed professionals in a fast-paced, upscale, diverse salon located across from the new Target in Columbia Heights. All skill levels will be considered. On-site training will be provided.

Hair Stylists
Nail Techs
Massage Therapists
Estheticians
Make-Up Artists
Receptionist

Forward resumes to stylist@destinydeve.com or fax to: 202-234-3390; or call 202-234-3383. Please visit www.destinydeve.com for application.

BEAUTY SALON: Benning Rd. seeking Hair Stylist, Manager & Nail Tech. 301-237-3944.

Business Management - Real Leaders Please Stand Up! **TOLAD, Inc.**, Managers needed to open new marketplaces - will train - Call 301-536-4235

BUS MECHANIC

F/T Coach Bus Mechanic, ASE pref'd, CDL pref'd, & ASE cert. Exp. req'd. Call: 202-636-9203

Carpenter (Finish/Framing)

Min 10 yrs exp. Sub contractor need only apply. Must have insurance. Call 240-832-2708

CUSTOMER SERVICE: Save Gas, work from home, school or office \$9/12/hr. Free cell phone, appointment only. Call 703-608-9901

CUSTOMER SERVICE (Dupont Circle, DC)

Medical office seeks punctual, trustworthy, multi-tasker to perform records maintenance/billing with growth potential. Email resume with salary expectations: dupontcustomersvc@gmail.com

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: 240-286-3660 or 301-568-8500

DENTAL LAB TECH

Landover MD. Must have exp. Call 301-213-9008.

Dry Cleaner Presser & Spotter
Experience Presser/Spotter needed. Suitland, MD. Call Sandra at 240-508-4493.

Environmental Commercial Pump Truck Operator

needed for environmental pump company based in Alexandria. Send resume to hr@mytech24.com

JOBS

CHILDCARE



JOB FAIRS/OPEN HOUSES

• Seeking Infant, Toddler, Twos, Preschool Teachers. Prefer AA/BA in ECE, or CDA with experience teaching in child care center.
• Excellent benefits.

Wednesday, Sept. 24, 2008
and
Thursday, Sept. 25, 2008
3:30 p.m. - 6:30 p.m.
and
Saturday, Sept. 27, 2008
9:00 a.m. - 12 Noon

Location:
**Bright Horizons at
Crystal City**
2451 Crystal Drive, Suite 100
Arlington, Virginia 22202

METRO: Yellow Line to Crystal City. Take 18th Street Exit and turn left on 18th street. Go 1 block to Crystal Drive and take right turn on Crystal Drive. Walk 2 blocks and look to the left. There will be a tall building with KBR sign on the roof. This building is 2451 Crystal Drive. Bright Horizons is located at Suite 100 on the Ground Floor.

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Dentist

Dentist III, Residential

Maryland Department of Juvenile Services

The Department of Juvenile Services is currently recruiting for two part-time Dentist III, Residential positions. One position is 60%, and is located at the Cheltenham Youth Facility in Prince George's County, MD. The other position is 50%, and is located at the Baltimore City Juvenile Justice Center in Baltimore City, MD. These positions will provide and oversee comprehensive dental services for children and adolescents in the care of the MD Dept of Juvenile Services. The positions will supervise dental support staff and dental trainees if used at the facility, and perform continuous quality improvement practices for dental services at the facilities as well as at other DHS facilities providing on-site dental services. The positions will also help develop a DHS Dental Program across State including policies and procedures.

Requires possession of a current license as a Dentist from the State Board of Dental Examiners, 4201 Patterson Avenue, Baltimore, Maryland 21215 & 3 yrs exp in the practice of dentistry with 2 yrs of the required exp in an institutional setting or a public health program.

Submit a MS100 application to Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. For further instructions & to download the MS100, go to www.djs.state.md.us or www.dbm.maryland.gov. EOE

JOBS

DRIVER, CDL BUS DRIVER

30 hrs/wk, up to \$16.50/hr. AM/PM school run, CDL w/B Class & P endorsement. Background check. Call: 202-636-9203

Driver

Needed for commercial service company in Alexandria. Must have clean driving record. Full-time position. \$8/hr. Send resume to hr@mytech24.com

ELDERCARE (Position wanted)- Experienced energetic caregiver for senior citizen, prefer DC & MD. Refs available. Please call 703-677-2216

Finance

Director of Finance

Mitchellville, MD. Collington Life Care, a leader in Maryland retirement communities seeks a dynamic individual to lead our finance department. Best candidate will have strong management and financial abilities, audit preparation and account analysis, seven years experience in health care and/or non-profit budgeting, ability to communicate complex concepts; experience in utilization of AOD financial systems software beneficial. B.S. degree in accounting required (Master or CPA preferred). For consideration, please send, fax or e-mail resume to:

Collington,
10450 Lottsford Rd., Mitchellville, MD 20721;
(301) 541-5002; edubrue@collington.com EOE

Hotel

Housekeeping Manager

Growing international hotel company seeks individual to manage day to day operations of Housekeeping Operations, staff, training and purchasing. Must be hands-on with good organizational skills. A self-starter, detail oriented with the ability to communicate effectively and motivate others. Minimum 1 year experience as a Supervisor or Executive Housekeeper. Fax (202) 974-4204

HOUSEKEEPER—Organize home, clean floors. Part-Time. \$9/hour. 703-573-3855 Falls Church, Merrifield, Virginia Area.

HVAC

A/C Equipment Mechanic

The National Gallery of Art is seeking multiple experienced A/C Equipment Mechanics to operate, maintain, troubleshoot, and repair its HVAC&R building mechanical equipment and systems. The position requires heavy physical effort and the ability to take operational readings from HVAC equipment. This is a secure government job with great benefits and a salary range from \$23.59 to \$27.55 hourly. U.S. citizenship and a pre-employment physical and background check are required.

For application information and instructions, go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #08-64A. Federal competitive service applicants should refer to #08-64B. Applicants are strongly encouraged to read the entire vacancy announcement and ensure that all required information is provided in their applications. Simply applying online does not fulfill all the application requirements for these positions. Please call Mr. Bixler at 202-842-6350 for more information. Applications will be accepted through 10/3/08. EOE.

JOBS

HVACR Parts Manager

Sought for fast paced service company in Alexandria. Excellent pay & benefits. Email resume to hr@mytech24.com

MAINTENANCE

CHIEF MAINTENANCE ENGINEER WANTED

Large property management company is seeking a Chief Engineer for an office building in Silver Spring, Maryland. Maryland Third Class License required and 5 years boiler room experience requested. Engineer will be required to maintain and operate various equipment including domestic hot water and steam boilers, chillers, cooling towers, AHU's, heat exchangers, system and recirculation pumps, pneumatics, and mixing valves. Excellent pay, retirement plan, and benefits with opportunity for advancement.



To apply, please call
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EOE

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Applicants must meet the following minimum Qualifications:

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JOBS

MAINTENANCE

SERVICE TECHNICIAN
WANTED

Large property management company is seeking an experienced Service Technician in Alexandria, Virginia. Plumbing, electrical and apartment turnover experience and ability to troubleshoot appliances and HVAC a plus; must have own tools; on call required. Excellent pay and benefits with opportunity for advancement.

To apply, please call 866-486-9544 and follow prompts to leave a message. In addition, email your resume to kay@kayapartments.com. EOE

PERSONAL ASSISTANT

Housekeeping, admin, errands.
Car a must. Call 240-350-9180

PROPERTY MANAGEMENT

ASSISTANT COMMUNITY
MANAGER WANTED

Large property management company is seeking a full-time assistant community manager to work within their Falls Church, Virginia community. Applicant must be capable, organized and self-motivated professional with strong potential to learn operations and move up to the Community Manager position. Applicant should be marketing and sales-oriented with at least 2 years apartment leasing experience and have excellent customer service and problem solving skills. Applicant will learn and consistently apply state-of-the-art sales techniques. Position may require bookkeeping experience. Applicant should be computer literate with a good command of Microsoft Office or similar Windows based software. Knowledge of Jenark a plus but not required. It is an essential that applicant have strong verbal and written communication skills.

To apply, please call 866-486-9544 and follow prompts to leave a message. In addition, email your resume to kay@kayapartments.com. EOE

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Project Specialist

The Washington, DC Research Advancement Office of the University of Southern California (USC) seeks a Project Specialist to join its dynamic team. Must be energetic, self-motivated, and very detail-oriented. Responsibilities include interacting with USC faculty, federal funding agencies and re-searchers around the U.S. and the world, and analyzing data related to USC's research activities. Very competitive salary and excellent benefits package. Bachelor's degree w/2 yrs. experience recommended. Combined experience/education may substitute. Apply by October 10th online at www.usc.edu/jobs. Search req ID 25573. Equal Opportunity Employer.

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EHO

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- Gated Community
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- State-of-the-art fitness center
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Beautiful Kitchens - Granite Countertops

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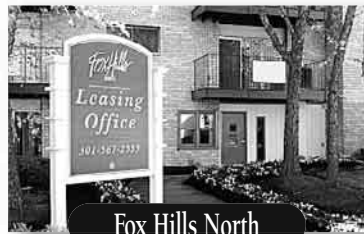
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Oxon Hill, MD



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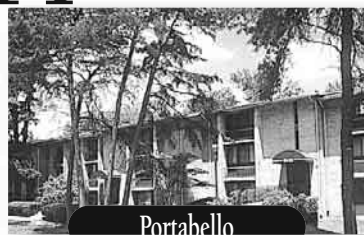
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Oxon Hill, MD



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SW

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 2BR \$885.00***

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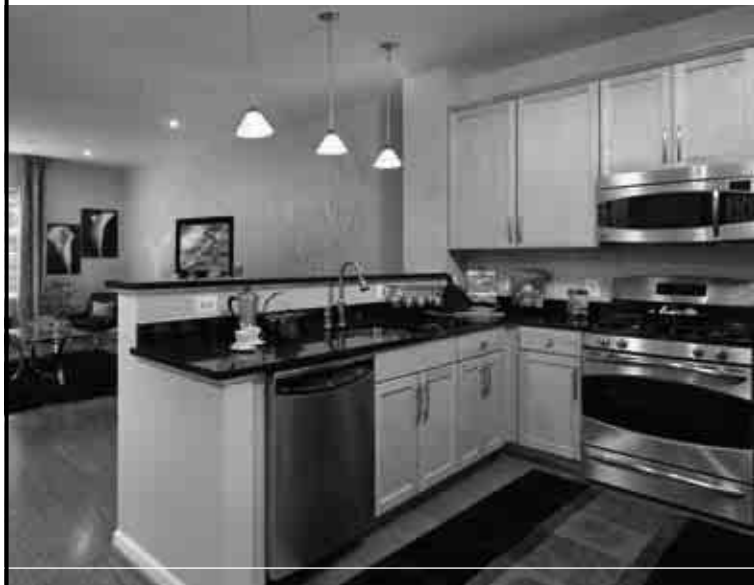
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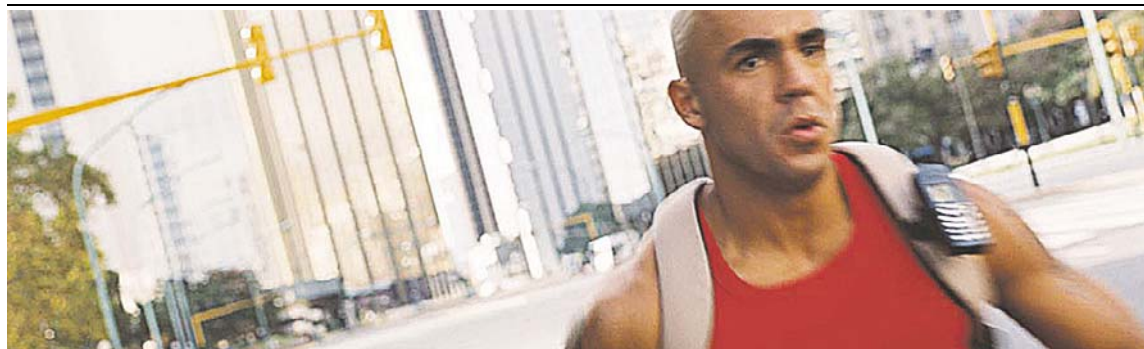
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Trends

Hotels offer an array of religious texts for diverse customers

Leave your Bhagavad-Gita at home while traveling out of town?

If you're staying at the Hotel Preston, you can get a copy of the ancient Hindu text for your room from a "spiritual menu" that includes the Koran, the Bible and other religious texts.

Provenance Hotels, which owns Nashville's Hotel Preston and four other boutique hotels, is part of a new trend in the hospitality industry: appealing to visitors from a wide variety of cultural and religious backgrounds by going beyond tucking a Gideon Bible in guestroom nightstands.

"One of the emerging things we started to hear on a regular basis from guests was a need for spiritual offerings other than just the Bible," said Howard Jacobs, chief operating officer for Provenance

“Offering a menu that includes many philosophies ... was much more in keeping with the culture of our company.”

NIKI LEONDAKIS, KIMPTON HOTELS

Hotels based in Oregon. "In all of our cities, there's a growing international draw. Within the U.S., there's so many people from other countries coming to work here or for leisure travel."

The overwhelming majority of hotels offer religious materials in their guestrooms, according to a

2008 survey by the American Hotel & Lodging Association. Researchers didn't ask what texts were provided, but the best known is the Gideon Bible.

The Gideons International, a nondenominational evangelical ministry run by businessmen, began the practice of leaving Bibles in hotel rooms a century ago.

Its early founders and members were traveling salesmen who wanted to spiritually "nurture themselves and to help others who desired the same," said Mark Noll, an expert in religious history at the University of Notre Dame.

"They were aware of temptations to immoral behavior on the road, and they thought the Bible

would be a good counterweight to that," Noll said.

But since the Gideons began their work, the religious landscape of the U.S. has transformed, mainly due to a 1965 change in immigration rules that had previously favored Northern Europeans.

While the U.S. population today remains overwhelmingly Christian, many other faiths, including Islam, Hinduism and Buddhism, have a significant presence in the country. And a fast-globalizing economy has created new American links with the international community.

Borgata Hotel Casino & Spa in Atlantic City, N.J., which opened in 2003, offers the Bible and several other religious works in its lobby.

Niki Leondakis, chief operating officer with Kimpton Hotels and Restaurants based in San Francisco, said the chain's 42 boutique hotels began to offer a range of spiritual texts in addition to the Bible nearly a year ago. Every hotel has at least four spiritual texts: the Old

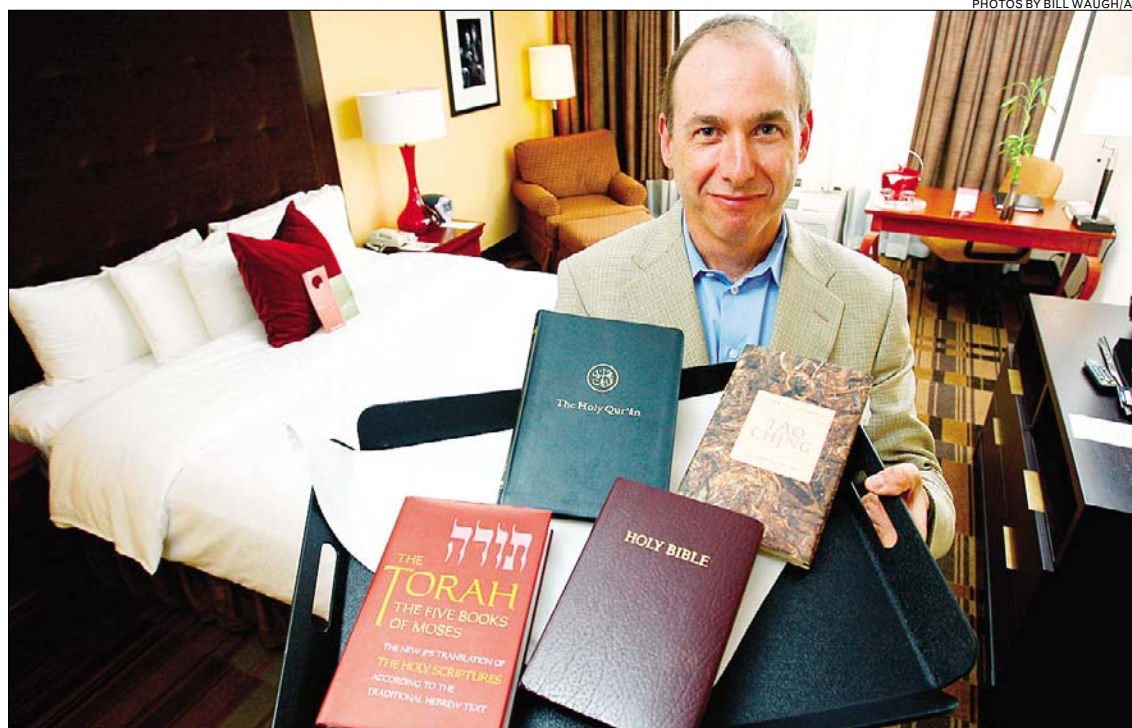
INSIDE

David Blaine is up to new tricks | 38



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Blog Log: More say for Metro riders, please | 36



LA CARTE WORSHIP: Howard Jacobs, the CEO of Provenance Hotels, shows the spiritual texts that guests can request.

Spiritual Hospitality



The spiritual menu awaits hotel guests at Hotel Preston in Nashville, Tenn.

and New testaments, the Hebrew Bible, the Book of Mormon and Buddhist text.

Leondakis said the hotels have received only a few requests for the books so far. Still, she said that "offering a menu that includes many

philosophies and beliefs and spiritual perspectives was much more in keeping with the culture of our company."

At Hotel Preston, among the other books offered are the Book of Mormon, Buddhist texts, the Chi-

nese Tao Te Ching and the Hebrew Bible. Guests can choose from the works on a laminated "menu" in their rooms and then call the front desk to request a copy.

The concept of diversity is not entirely new. The Marriott hotel chain, which was founded by Mormon businessmen, many years ago began offering the Book of Mormon in addition to the Gideon Bible. However, few other hotel chains offered any broader choices in the U.S. before now.

The Gideon Bible still has a place of prominence in at least one of Provenance's hotels — Hotel Preston in Nashville, the home of Gideons International and offices of several major Christian groups, including the Southern Baptist Convention.

"It was important here ... to have that offering in every room, but we also offer the spiritual menu," Jacobs said. "Gideon still is really the anchor text across all hotels."

ROSE FRENCH (AP)

LOOK out Online

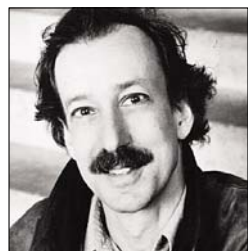
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MUSIC

Dig the New Breed

Legendary mod-rock band the Jam had charismatic frontman Paul Weller. While there's no Weller in From the Jam, the group features the Jam's drummer, Rick Buckler, and bassist, Bruce Foxton, and hits the State Theatre on Wednesday. Meg Zamula chatted with Buckler about the modern Jam. | [ONLINE NOW](#)



BOOKS

Artful Dodger

Edward Dolnick's "The Forger's Spell: A True Story of Vermeer, Nazis, and the Greatest Art Hoax of the Twentieth Century" is an erudite and engrossing examination of art, commerce and history. Dolnick will talk about the book Wednesday at the Corcoran, and Tim Follos interviewed the author. | [ONLINE NOW](#)

MUSIC

Stick in the Eye

The Points rock so hard it hurts—literally. This D.C. band's live performances are as chaotic as they are entertaining. The Points celebrate their self-titled debut with a CD release party Tuesday at the Black Cat, and Meg Zamula talked to drummer Travis Jackson. | [ONLINE NOW](#)



comment board

“I don't care what kind of revenue it generates as long as it targets those who drive recklessly. Just walking to work this morning, I was nearly hit twice.”

COMMENTER C. COOPER, WHO ADDED, "I LIVE NEAR AN ELEMENTARY SCHOOL AND DREAD THE DAY WHEN SOME JERK HITS A KID."

“[It's] an unfair fine regimen that picks on motorists without also addressing the issue of irresponsible pedestrians and bicyclists. Picking on the motorists is easy.

COMMENTER DAVID LEVAYA, WHO ADDED, "IT'S A VERY IRRESPONSIBLE FINE THAT DOESN'T ADDRESS THE REAL SAFETY ISSUES."



“The problem is the lack of enforcing existing laws. Considering how some drivers and pedestrians play Russian roulette on our streets, a \$250 fine may not change those minds [or] attitudes.”

COMMENTER RON THE DON, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "IS D.C.'S NEWLY APPROVED \$250 FINE FOR DRIVERS WHO DON'T STOP FOR PEDESTRIANS FAIR?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

IS D.C.'S NEWLY APPROVED \$250 FINE FOR DRIVERS WHO DON'T STOP FOR PEDESTRIANS FAIR?

YES 76%

NO 24%

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Blog LOG

“I find it very interesting that people who want equality in this country are often the biggest losers.”

KITTENSWITHMITTENS.BLOGSPOT.COM REACTS TO A RECENT STUDY THAT SHOWS THAT MEN WHO VALUE TRADITIONAL GENDER ROLES TEND TO MAKE MORE MONEY THAN MEN WHO DO NOT.



TINA FINER/GETTY

“He's not a magician or even an illusionist. He's just an idiot — an idiot who wants to show the world how close he can get to death.”

TALENTEDUNEMPLOYEDJD.BLOGSPOT.COM IS NOT IMPRESSED BY DAVID BLAINE'S HANGING UPSIDE DOWN IN CENTRAL PARK, ADDING, "THE ONLY WAY HE'D CATCH MY ATTENTION IS IF HE ACTUALLY DIED."



“I THOUGHT YOUR 15 minutes of fame was up with 'Bobby's World.' How wrong I was. There's a reason the Howie Mandel show lasted one season: You aren't funny.”

MOSTLIKELYTODIEALONE.COM HAD SOME CHOICE WORDS FOR THE "DEAL OR NO DEAL" HOST AFTER HE WAS PART OF THE FIVE-PERSON TEAM THAT HOSTED THE EMMY AWARDS SUNDAY NIGHT.

“Metro has existed in a realm of almost zero oversight and now we get the, 'By the way ... I need \$11 billion.' Sorry, but one would hope that when the [next] fare hike happens, we finally will get a say in how [it] operates.”

OFFSEVENTH.ORG/BLOG IS STUNNED BY METRO'S CLAIM THAT IT NEEDS \$11B TO MAINTAIN ITS CURRENT LEVEL OF SERVICE.

Discussions

Emmy Awards

The Post's **TOM SHALES** was online Monday to discuss the highs and lows of Sunday's 60th Emmy Awards telecast.

I surfed in and out of the Emmys, but other than Don Rickles, the show seemed like a real drag. Was that your thinking, too, or did I just surf over at the wrong times?

“A real drag” is a good way to put it. I was racing to make deadline, so I didn't have time to review the show; basically, I thought it was terrible. Very blah, very tired, sort of like a game of charades that nobody really wanted to play. The idea of having the Reality Kids as hosts was TERRIBLE; it was a bad concept poorly executed.

None of the hosts looked like he or she wanted to be there.

Those charlatans from the reality shows were beyond execrable. Why was so much time wasted on them and the winners of the biggest awards at the end of the broadcast had to literally race across the stage, gasp a few words and be rushed off?

Good question regarding why so much time was given to the “reality” hosts — though by some miracle, the Emmycast DID get off on time; it didn't seep over into the 11 o'clock hour (if it did, only by a tiny amount of time). I think we have here a very good example of a less-than-competent producer. I had to dash out of the room (and write), so I don't know who produced the show this year, but whoever it is, they approached the record for number of dumb choices and ill-advised decisions. Oprah was right

there. Why couldn't SHE host?! That would have helped.

What's the point of giving awards to programs most people have never seen? Not only is this true of the Emmys but also of Oscars. Do critics automatically assume something can't be meritorious just because most people like it? It didn't used to be this way. What changed?

I think it's actually worse with the Oscars. To be a Best Picture nominee now, it seems like a film has to be depressing, arcane, arty, dreary and in limited release. I guess it's partly because so many films are based on comic books, and the Hollywood establishment doesn't want to give awards to THEM.

TODAY ON DISCUSSIONS: Washington Post columnist and NFL Insider blogger Mark Maske discusses the results from week three at 11 a.m. | washingtonpost.com/discussions.

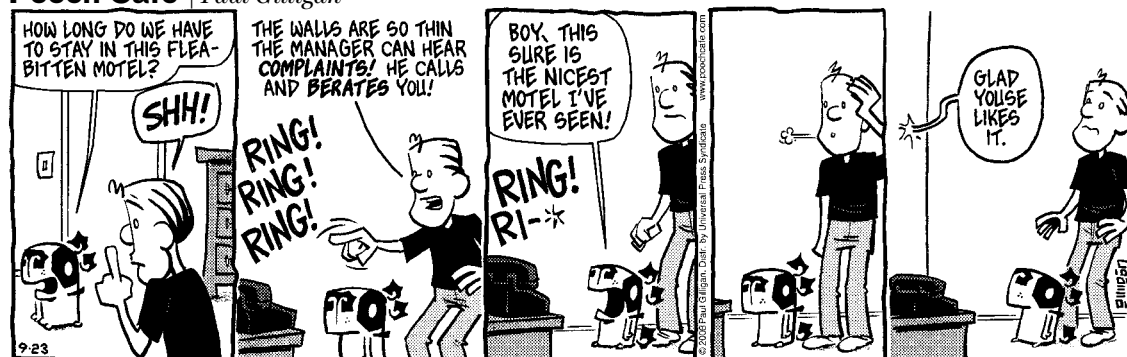
Bizarro | Dan Piraro



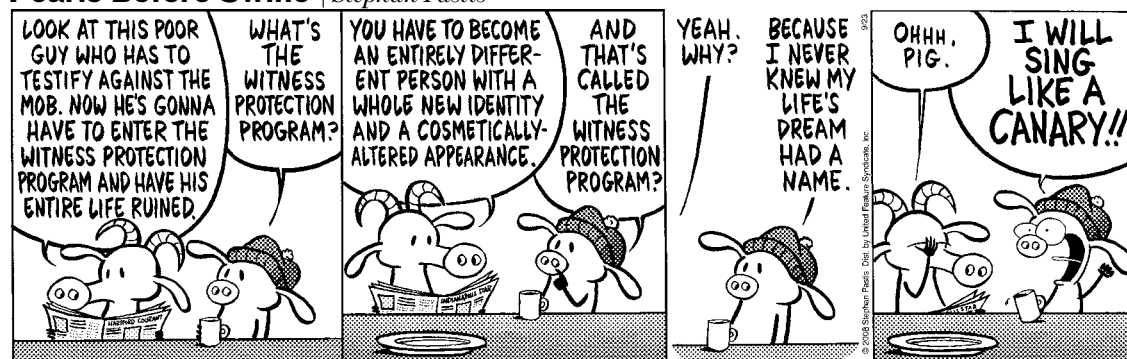
Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) This may prove a quiet, yet memorable day, as you mull over the past and realize something that will prove quite important almost immediately.

SCORPIO (Oct. 23-Nov. 21) You may have to begin a difficult project that will require a great deal of planning, foresight and physical strength. Prepare.

SAGITTARIUS (Nov. 22-Dec. 21) Now is no time to be vague with those under you. If you're in control, you must demonstrate it.

CAPRICORN (Dec. 22-Jan. 19) You won't want to break up the team — but there is something important that you must do on your own.

AQUARIUS (Jan. 20-Feb. 18) Some kind of retrospective will be beneficial to you, even as you look forward to new success with a new project. Remember where you've been.

PISCES (Feb. 19-March 20) Contact with

someone quite different from yourself is likely to open your mind a little more — and open a few doors for you, too.

ARIES (March 21-April 19) An original plan comes your way that is likely to offer more than just opportunity. Profit and pleasure go hand in hand.

TAURUS (April 20-May 20) This is a good day for you to prove yourself, as the risks are low and the opportunities many. Someone may have a secret to tell you during the evening.

GEMINI (May 21-June 20) A surprise is in store for you. Be sure to keep your eyes and ears open at all times.

CANCER (June 21-July 22) This may prove a low-energy day, but there is still much you can accomplish even without running at high speed.

LEO (July 23-Aug. 22) You may have to take over the decision-making process at work for a while. You may be able to improve morale and get better results.

VIRGO (Aug. 23-Sept. 22) You're not going to want to reveal something specific about yourself just yet, but the process of concealing it may get rather complicated.

Letters

Deja Vu at a Metro Station

I HEARD THE other day that Metro General Manager John Catoe is asking for billions of dollars to help our ailing transit agency. I thought about this while I waited for my train to leave the Vienna Metro station — we had a delay, as usual. As I gazed out the window, I caught something that made me smile: a movie poster for Will Smith's "Hancock"! Release

date: July 2. Then I saw the Mega Millions advertisement, stating that the jackpot was \$23 million. I didn't win last week when it was \$23 million or the week before when it was \$23 million. It's been \$23 million for the past 50 or 60 weeks. I'm sure in a year "Hancock" will still be playing, and the jackpot will still be \$23 million. Catoe should feel free to slow the trains down even more. I wouldn't want to miss seeing Will Smith's face again.

—MATT O'HARE
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1806 The Lewis and Clark expedition returns to St. Louis more than two years after setting out for the Pacific Northwest.

1846 Neptune is identified as a planet by German astronomer Johann Gottfried Galle.

1908 One of baseball's most famous blunders occurs in a game between the New York Giants and the Chicago Cubs. With the score tied 1-1 in the bottom of the ninth and

two runners out, the Giants bat in what should be the winning run. However, Fred Merkle, who was on first base, begins to leave the field, apparently without tagging second; the Cubs then claim to have forced Merkle out. Merkle is eventually ruled out, negating the winning run and leaving the game tied.

1952 Republican vice-presidential candidate Richard M. Nixon goes on television to deliver what comes to be known as the "Checkers" speech as he refutes allegations of improper campaign financing.

PostPoints DAILY CODE **O J**

LOOK

out

People



Run away from this come-hither stare.

SLOW NEWS DAY

Actor Renowned for Iconic Movie to Receive Award

MALCOLM MCDOWELL, who starred in the 1971 film classic “A Clockwork Orange,” will be honored with a lifetime achievement award at the 11th annual Savannah Film Festival. Previous recipients include Peter O’Toole and Vanessa Redgrave. (AP)

BOREDOM

O.J. Still Painful to Watch

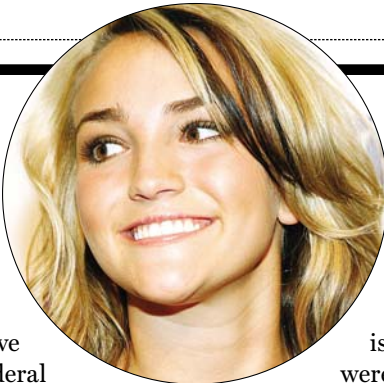
Writer **DOMINICK DUNNE** was taken to a Las Vegas hospital Monday after he was stricken with pain while watching the O.J. Simpson armed robbery-kidnapping trial. Reached by phone, Dunne, 82, said he was being checked by doctors and expected to be released. (AP)



OBVIOUS

Hanging Together

“I’m doin’ all right,” magician **DAVID BLAINE** said after starting his latest endurance challenge Monday — 60 hours hanging upside-down, without a net, above Wollman Rink in Manhattan’s Central Park. Blaine was joined by **KELLY RIPA** of “Live With Regis & Kelly” as she conducted an upside-down interview. He’s due to end the stunt during a two-hour ABC special Wednesday. (AP)



CRIME

Trouble for Boob Who Stole Jamie Lynn Photos

Stolen photos of **JAMIE LYNN SPEARS** breastfeeding have touched off a federal child pornography probe, TMZ reported Monday. The Web site says investigators are on the lookout for images that show Spears, 17, with her infant daughter, Mad-

Lesson: Wait till celebs are 18 to take their stuff.

die — including one in which Spears’ left breast is exposed — that were taken by Casey Aldridge, the baby’s father.

Officials believe that someone at the Wal-Mart where Aldridge took the photos to be developed might have made copies of them. (EXPRESS)

SCOREBOARD

Reeves, 1; Paparazzi, 2,452

Keanu Reeves may have pulled off some daredevil stunts on-screen with a speeding bus, but a judge ruled Monday that his driving didn’t warrant assault and battery claims by a photographer. Paparazzo Alison Silva claimed he was struck by

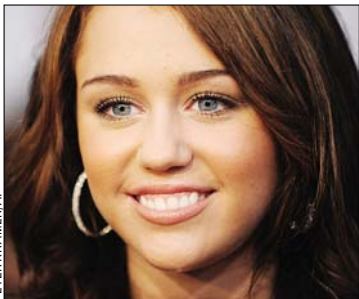


Reeves’ Porsche while photographing the actor in March 2007. Reeves’ attorneys argued that Silva placed his hand on the actor’s car and tripped over his own feet. (AP)

PATTERNS

Shannen Doherty, Alyssa Milano Have Lived This Tale

As rumors about her future swirled, **MILEY CYRUS** told People magazine Monday that she has no plans to end her ride as Hannah Montana. Reports over the weekend said that Cyrus, 15, had been combative on set and had been heard talking about wanting to be fired. (EXPRESS)

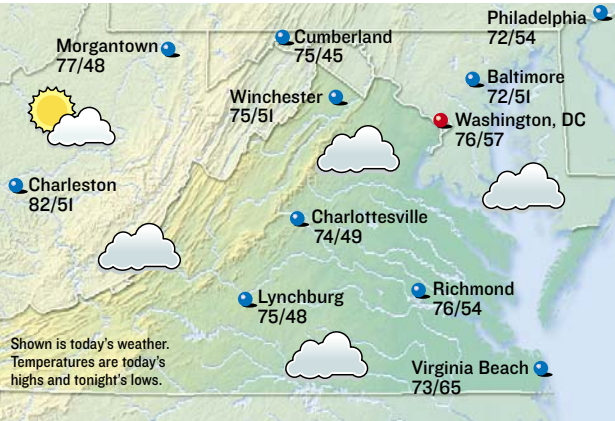


Implosion countdown: 346d, 15m, 27s.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly cloudy	Mainly clear	Partly sunny	Cooler, rain possible	Mostly cloudy, rain possible	Mostly cloudy, rain possible
76°	57°	74° / 56°	65° / 59°	72° / 62°	79° / 61°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	83°
Low	62°
Normal high	77°
Normal low	60°
Average humidity	58%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	4.11"
Normal month to date	2.81"
Year to date	37.66"
Last year to date	21.64"
Normal year to date	29.18"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

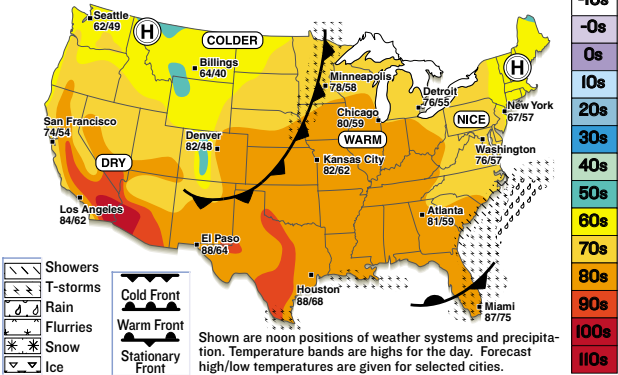
D.C. Metro: Today, partly cloudy. High 76. Wind northeast 10-20 mph. Tonight, mainly clear. Low 57. Wind northeast 8-16 mph.

Sun and Moon

Sunrise today	6:57 a.m.
Sunset tonight	7:03 p.m.
Moonrise today	12:26 a.m.
Moonset today	3:56 p.m.



National Weather for Tuesday, September 23



National Cities

City	Today	Wed.
Atlanta	81/59/pc	78/56/pc
Boston	64/48/s	68/51/s
Chicago	80/59/pc	81/54/pc
Dallas	88/66/s	89/63/s
Denver	82/48/s	81/50/s
Honolulu	88/74/pc	88/72/pc
Los Angeles	84/62/s	86/64/s
Miami	87/75/t	88/76/t
New York City	67/57/pc	71/58/s
Orlando	86/72/t	85/68/t
Seattle	62/49/pc	64/53/r

World Cities

City	Today	Wed.
Amsterdam	59/48/sh	61/48/c
Athens	74/63/pc	74/61/sh
Berlin	57/43/sh	61/46/c
Buenos Aires	70/54/pc	73/54/pc
Calgary	50/32/sh	51/36/pc
Dublin	59/43/pc	59/45/pc
Geneva	63/47/s	62/47/pc
Moscow	59/41/s	57/39/pc
Rome	71/53/c	70/54/pc
Sydney	61/55/pc	63/48/pc
Tokyo	81/72/pc	77/66/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

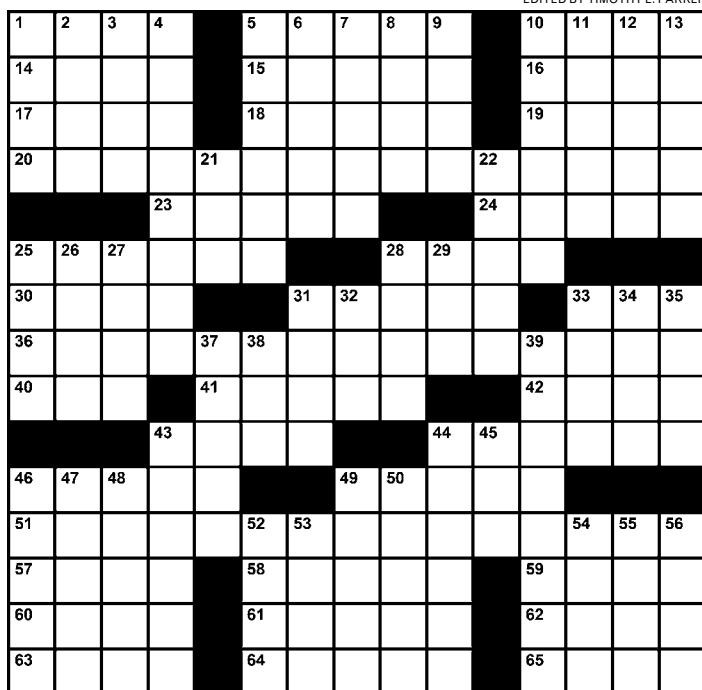
CROSSWORD | AH, COME ON!

ACROSS

1 Piercing thrust
5 Showed initiative
10 "and make it snappy!"
14 Haydn's handle
15 Allowance-earning task, perhaps
16 Commandment pronoun
17 Mocks by imitating
18 This spell's trouble
19 Poles through tholes
20 Ad come-on
23 Something to wrangle with
24 Express again
25 For a time
28 Group's pronoun
30 Concerning the congregation
31 Big hit, in Variety slang
33 Semi-professionals use them
36 Ad come-on
40 Emulate a visionary?
41 Coaxes
42 Dark, to Milton
43 Bachelor's concern?
44 Anger
46 Separates meaningfully
49 Glacial pinnacle
51 Ad come-on
57 It may be relative
58 "___ my reasons"
59 Cooper's shaper
60 Slow boats
61 Scene-changing

DOWN

62 Patricia of "The Day the Earth Stood Still"
63 Beta version, e.g.
64 Lovers' get-together
65 Besmirches
1 Some cyber-missives
2 Andalusia appetizer
3 Spot for the winner of king of the hill
4 Vatican attraction
5 Level charges at
6 People to hang out with
7 Trunk filled with blood
8 Lead-in to "while"
9 Antelope's playmate, in song
10 Serves a guilty conscience
11 Catches flies
12 Natural pump outlet
13 Aggressive
21 ___ de mer (seasickness)
22 Blue screen of death cause
25 Word of concern
26 Move through shallow water
27 Busy, buzzy place
28 Kills, in gangster lingo
29 Aerial anomaly, for short
31 Does a dog trick
32 "___ on Indolence"



EDITED BY TIMOTHY E. PARKER

33 Embargoed land

34 Surfer's reading

35 Psychiatrist's

determination, perhaps

37 Drink very slowly

38 Old PC component

39 Shopkeeper

43 Tell it to the judge

44 Actor Borgnine

45 Backwoods refusal

46 Worry about the

small stuff?

47 Airport formerly

known as Orchard

Field

48 Actuarial

calculations

49 Of questionable

character

50 Leaf collectors?

52 Narrow fissure

53 Where she

blows

54 Asset for an

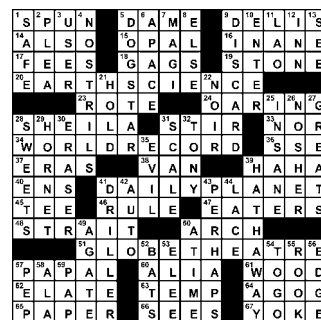
entrepreneur

55 Russian ruler

56 Collared or

jellied dishes

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

4	7	6	3	9	1	5	8	2
1	9	3	8	5	2	6	7	4
2	8	5	7	6	4	3	9	1
5	3	4	1	2	9	7	6	8
6	1	7	5	4	8	2	3	9
9	2	8	6	3	7	4	1	5
8	5	9	2	7	3	1	4	6
7	4	2	9	1	6	8	5	3
3	6	1	4	8	5	9	2	7

6				1	2			8
3	4							
		7		3			4	
4								
	1		8		3		9	
								2
	9			5		2		
							1	7
7			6	8				5

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<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov

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National Institutes of Health, Department of Health & Human Services



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WELCOME TO OUR WORLD A NEW VIEW OF LONDON

London is a city bursting with culture, attractions and entertainment. To get the most out of your visit, Londoners Helen and Derek would like to welcome you to their worlds.

Helen

MY LONDON

My favorite thing about London is that there is always something new to discover. I moved here from Boston about 6 years ago and I'm still stumbling upon hidden gems.

To experience my London, you should head to the South Bank, a real cultural hub in the city. Home to the **National Theater**, **Royal Festival Hall** and the **Hayward Gallery**, it's where the locals go to immerse themselves in arts and culture. Not many people realize that there are free events and festivals running all year round - you never know what you might find! We log on to visitlondon.com to see what's on.

My sister and her family are coming over to stay this fall and I'm already planning



“ Not many people realize that there are free events and festivals running all year round ”

what to do. I'm definitely going to start with the **London Eye**, a huge observation wheel on the banks of the River Thames. What better way to get your first glimpse of London than from 135 feet in the air?

Head over to **Covent Garden** for a feel of traditional London. Once home to a flower and fruit market, the stalls now have crafts from across the UK. I love exploring the small streets around the market. It's a real joy discovering beautiful little boutiques hidden away from the beaten track.

Derek

MY LONDON

I'm a Londoner born and bred and my top tip for exploring London is to get onto the river. There are loads of cruises to choose from and many of them provide commentary on the history of the city, but I particularly like hearing the quirky stories from the local guides.

From the river, you'll pass many of London's iconic landmarks, from the **Houses of Parliament** to the **Tower of London** and more contemporary buildings like **City Hall** and the **"Gherkin"**. I enjoy seeing the old pubs and houses on the side of the

river. Some of them are really tucked away, and I love to soak up the history and atmosphere as we pass them by.

To really experience the local's world, find a comfy position inside one of London's famous riverside pubs. I love to go down to Greenwich on a Sunday afternoon with the weekend newspapers under my arm. After a relaxing read, I head up to the planetarium at the top of Greenwich Park, where the views of London are the best in the city.

My kids on the other hand are much more active. On Sundays they head over to **Spi-talfields Market** to browse through the designs of up and coming designers. The area



has changed so much since I was a lad, it's like another world! The market has everything you could want from clothes and jewelry to antiques and china. There's a great atmosphere and some lovely places to eat which are really good value.

For great savings, I recommend changing dollars (commission free) at Thomas Cook foreign exchange branches around London. All you need is a voucher that is downloadable from visitlondon.com.

“ From the river you'll pass many of London's iconic landmarks ”

You'll receive a special discount booklet with **£100** of savings at certain attractions, which will be a huge help.

For more tips on how to explore London including accommodation, travel and entertainment, log on to

visitlondon.com



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\$241 LONDON

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fit



Soak your supper
for a meal that's
tasty and healthy **E8**



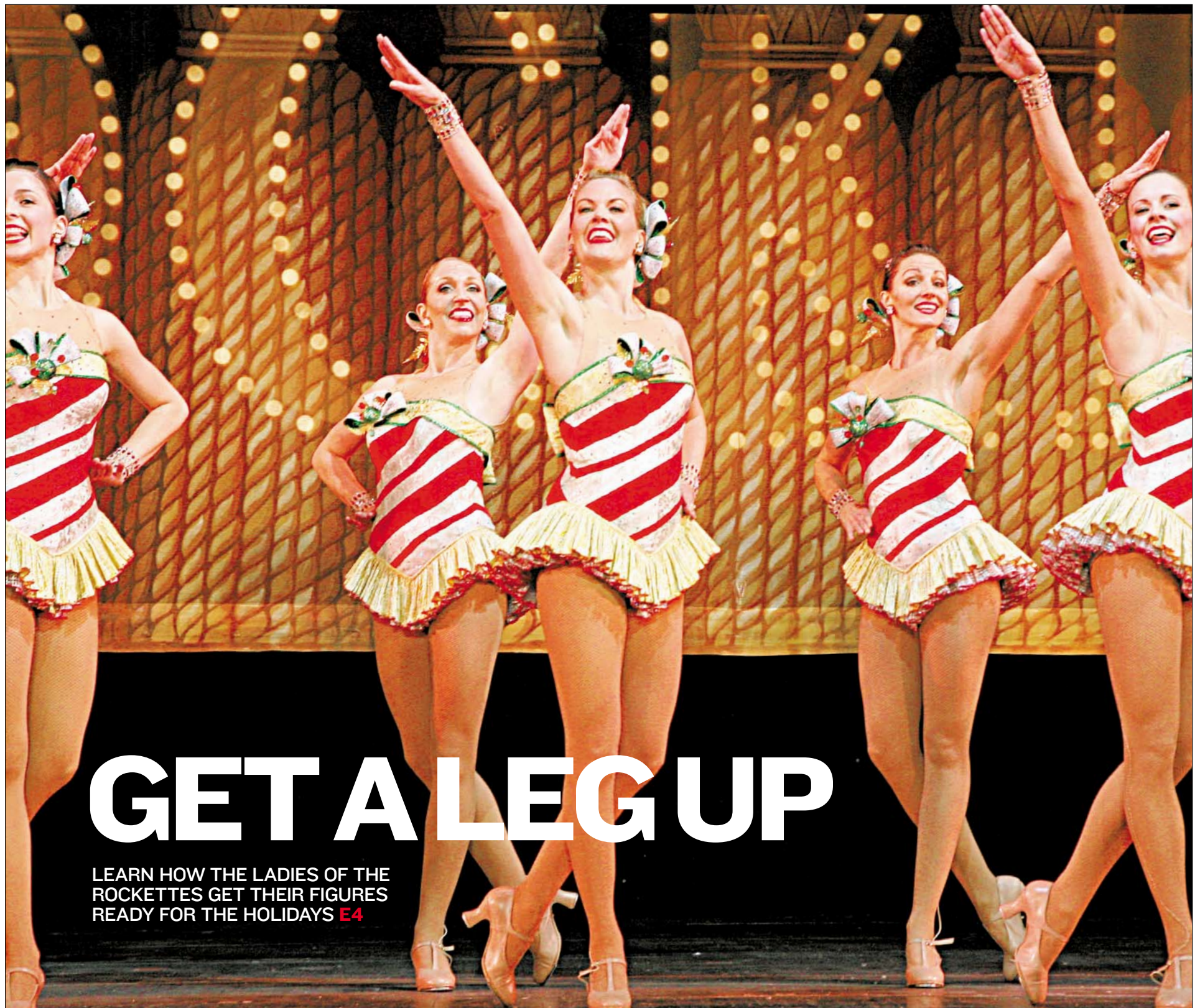
Find out what
helps Japanese
women live longer
than most others
E9



Monkey on your
back? Why stress
can kill you **E11**

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GET A LEG UP

LEARN HOW THE LADIES OF THE
ROCKETTES GET THEIR FIGURES
READY FOR THE HOLIDAYS **E4**

COURTESY RADIO CITY MUSIC HALL

BaggageCheck



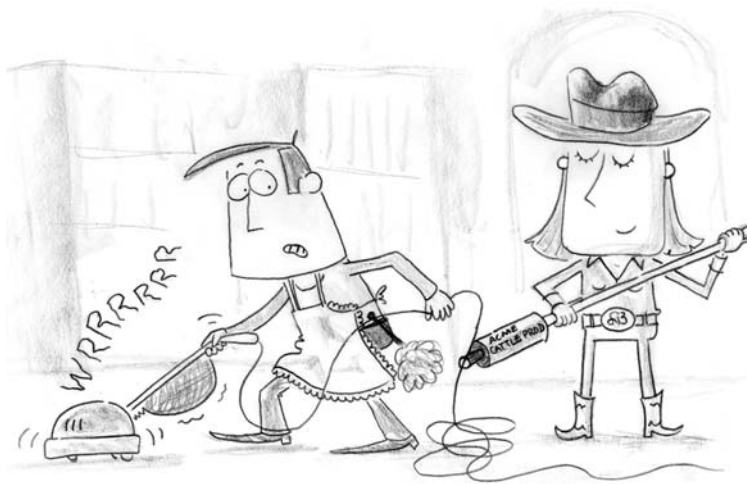
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Not Maid for Each Other?

Q How do I get my boyfriend to help out more around our place? Everyone warned me that when we moved in together, I would feel like his mother. And it is happening! Before we moved in, I thought of him as neat and organized. Now I swear he doesn't lift a finger. What gives? — P.O'D

Everyone warned you before co-habiting that you'd turn into his mother? And here the only risk I'd heard of was the Battle of the Thermostat!

Yes, it's difficult to choose your words carefully when your peripheral vision is clouded with days-old Thai takeout containers. But talk you must, before this pattern sets into an irreversible funk that makes



ERIC REECE

caked-on beef kaprow look downright heavenly in comparison.

"I feel like I'm doing more to keep our place in shape than I should be," is a start. Don't accuse, but express your own discomfort. Then suggest some small but tangible steps

toward a solution. You don't have to bust out a chore wheel, but try to agree on some joint ways to balance the burden. Be flexible, patient, clear and observant, since this is something of a test of how well you guys can manage conflict.

Oh, Brother, This Seems Bad

Q My husband's brother and his wife are in the middle of a nasty divorce, and details are coming out that make my brother-in-law look very bad. My husband has refused to talk about it and does not want to say a single negative word about his brother. If everything is true, then my BIL has stolen money from the kids' college funds and cheated on his wife multiple times. All I want is for my husband to say that his brother made some mistakes. — SAD BYSTANDER IN VA.

There are two distinct ways of looking at this. One is that you are understandably anxious to hear some confirmation from the man you love that he does not approve of pilfering money and infidelity. The other is that your husband's lifelong best friend is suddenly being accused of shocking indiscretions, and your hus-

band is desperate to digest, understand and get through the stress of it all as he figures out the truth.

Right now, in the eye of the storm, the situation is so raw and in flux that your husband might deserve some time to collect himself and separate truth from fiction before he's obligated to start making pronouncements. (You acknowledge that your brother-in-law's crimes have yet to be proven true.) But you are understandably shaken, too, and seem to need some reassurance that your man won't stage a copycat performance.

So, be honest about what you need to hear, and don't ask for anything more. Acknowledge that neither of you can be sure what's really gone on, but there's a piece of you that's scared and just wants to be reassured that he loves you.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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TUMMY TIME

One-sixth of an hour does not qualify as a workout, but every bit counts, and "10 Minute Solution: Quick Tummy Toners" (\$15, Anchor Bay) offers five snappy segments for folks crunched for time — and hoping for ideas beyond crunches. One day, opt for "yoga abs." The next day, you can go for a "bikini belly."



BRUSH IT OFF

Ever tried rubbing pennies in your hair? Good — that'd be weird. But copper apparently fights the fungus that causes dry scalp, so the bristles on the Ace Dandruff-Control Brush (\$8, Amazon.com) are made of the reddish metal. Also, the handle is "man-sized," as advertised. Grunt.



POP IDOL

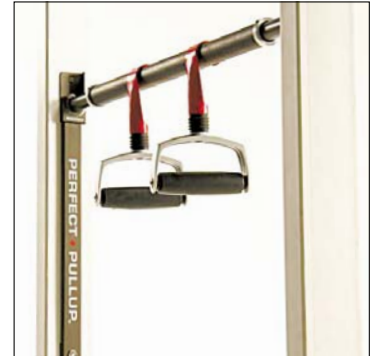
Popchips (Popchips.com) aren't baked or fried. They are instead created by "popping." We're not sure what that means, but the end product is light, crispy and not that bad for you — just 120 calories and 4 grams of fat per 22 chips. There are several flavors, including Parmesan garlic.



STRIP, PLEASE

Tossing balls is overrated. Instead, perfect your pitch with Strikeout Strippz (\$25, Strikeoutstrippz.com). By whipping the thin piece of fabric (in conjunction with an instructional DVD), you can boost your speed and improve your mechanics — and you'll never need to run after a ball again.

GUINEA PIG



Strong-Armed

■ From the makers of the Perfect Pushup comes the Perfect Pullup (\$100, Perfectpullup.com). The name is a bit of a misnomer, since the perfect pull-up is, well, the pull-up. There's no better exercise for building a strong back and overall upper-body strength. What the Perfect Pullup provides is variety, making it a worthy complement to the traditional pull-up.

While the standard pull-up hits the biceps and shoulders secondarily, it mainly works the lats and traps. The Perfect Pullup's twisting motion, which allows you to start with a palm-forward grip and rotate your arms into a palm-back position as you pull yourself up, activates the biceps much more directly. After a set of pull-ups, you'll feel like you snuck in a set of curls, too.

If you don't mind setting it up at home (you screw the bar into a doorjamb), you can combine the full pull-up with more exercises. Alternatively, throw the lightweight handles in your gym bag and use them on the pull-up bar. But don't be surprised if others ask to cut in for a set. DAN CACCAVARO (EXPRESS)

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THE MISFITS

I've noticed recently that my legs get tired when I go up stairs. I feel it especially in my quads. Can you give me some good quad-strengthening exercises?

How about climbing stairs? Seriously, it's not just the quads. In fact, if your quads are getting tired, it may be that you're failing to use those big climbing muscles in your backside — the gluteals. I've noticed that in myself at times — that I counted too much on the knee to lift, but could do it much more easily when I focused on engaging the glutes. Try some stair-climbing sets, but really focus on firing your backside. H.S.

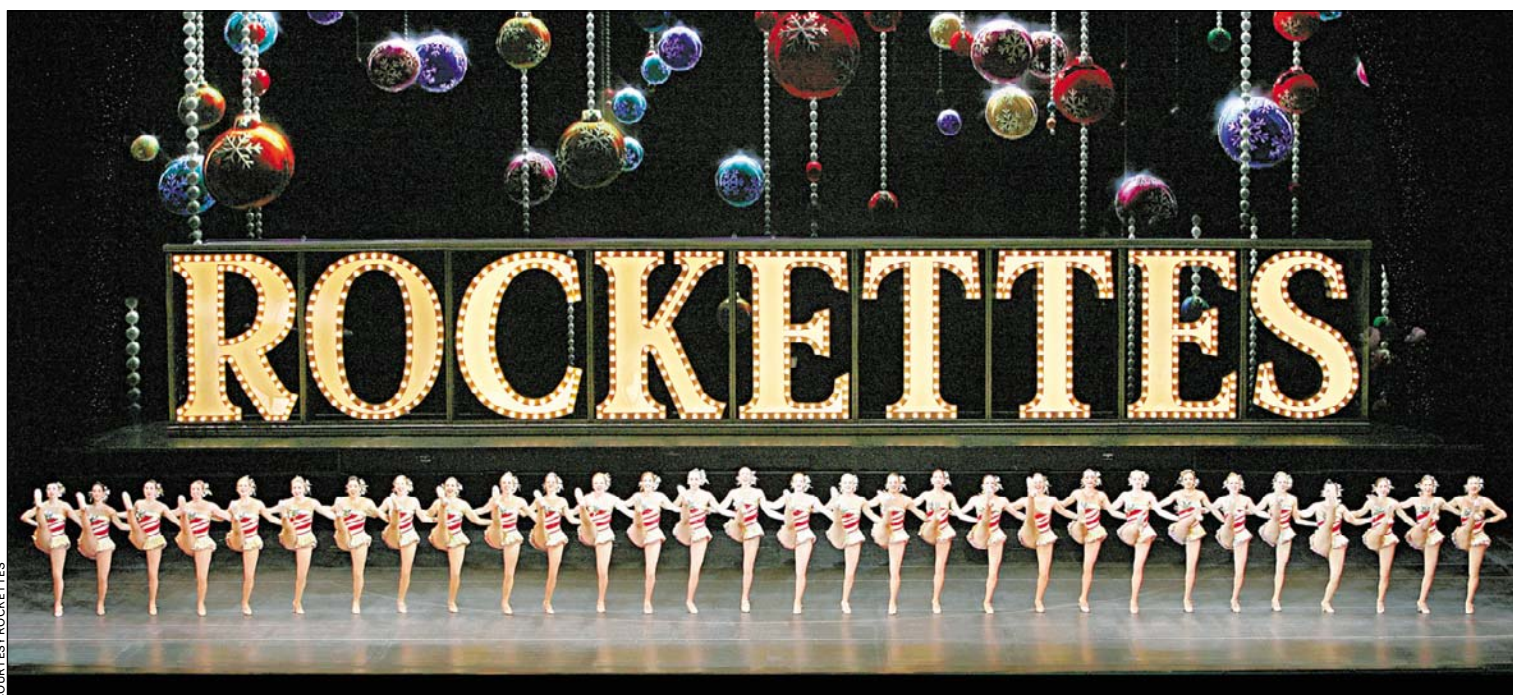
How do I get my gym to add kettlebells? I asked previously, and they were concerned about the swinging and other dynamic movements being a higher risk of injury (to bystanders, mostly).

They're still pretty new — I'd say virtually no gyms around here had them more than five years ago. But they're picking up popularity fast, and I bet your gym will feel compelled to add them soon to keep up. If not, get your buddies to complain, too. And they may be stretching the truth about why they don't want to get 'em. New equipment is expensive, and training trainers in how to use them isn't cheap, either. V.H.

I've needed to buy new sneakers for a while. Does it really make a difference to purchase the more expensive shoes? What about the ones that are supposed to be especially designed for aerobics?

From what I understand, the most important thing for aerobics classes is that you don't wear running shoes. They're built for forward movement, and when you're Zumba-ing about in every direction, running shoe padding might make you prone to tripping. And it's often true that you get what you pay for. My guess is you can probably get a perfectly adequate and not-too-pricey pair at a place like Sports Authority and be very happy. V.H.

? The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.



It may appear that these women are holding onto each other, but in fact, it's all an illusion. This way, if one gets wobbly, they don't turn into a line of Rockette dominoes.

Kicking It With the Rockettes

Stretching, yoga and Pilates get the dancers ready for Radio City

You already knew the lovely, long-legged ladies of the Rockettes had some powerful gams. But few realize the secret behind those famous kick lines. "We're never touching. So, it's all about the abs. It's total body," says Tiffany Whitaker, a 12-year veteran of the Radio City troupe.

The holidays came early last week when Whitaker and three of her colleagues sauntered into downtown Baltimore's Merritt Athletic Club clad in red velvet leotard-esque jackets with poufy white trim and silver heels (to promote their Christmas Spectacular, which opens at the

Mariner Arena Dec. 2). Then they promptly changed into workout clothes and sneakers to teach gym members just how much hard work goes into looking that glamorous.

"It's discipline, discipline, discipline, and lots of sweat," explains Temple Kane, who is a yoga instructor on the side. "We're essentially professional athletes in 3-inch heels."

Dancing six days a week for seven hours a day would seem to be exhausting enough. Yet Kane augments her warm-up with endless sun salutations and "an inversion or two." Whitaker, a Pilates pro, relies on that training to "center" herself. Allyson Kelly sometimes visits a ballet class on her day off. And when she's not performing, Jenelle Engelson has a thing for kickboxing. "I have legs of steel," she boasts.

That much movement requires a real emphasis on stretching, particularly of the hamstrings, which cause the greatest problems if they aren't sufficiently limbered up. And would you believe the wrists, too? Even those forgettable joints get a workout when the choreography demands precise placement, like putting them smack on the bottom of the back of the ribs with fingers pointing straight down and thumbs forward.

Virtually every position has developed a nickname. Arms down with hands tilted at 90-degree angles is "penguin." Extending an arm but bending at the elbow with the palm facing the ceiling is "serve it up." "When we're in lines vertically, we call that carrot sticks," Kane adds.

But they promise they chow down on more than just rabbit

food. "There's a misconception that dancers don't eat. But we need a big breakfast, a bigger dinner and snacks throughout the day," promises Whitaker, who keeps a jar of

“We’re essentially professional athletes in 3-inch heels.”

crunchy, all-natural peanut butter on hand during rehearsals to keep up her energy level. Kelly's super-snack? Hummus. And they all hydrate like crazy.

After all, the most exhausting part of the gig isn't the fancy footwork — although the number on the moving double-decker bus sounds quite challenging. It's the rigorous schedule of up to four performances per day. "We're kicking 300 times per show. And there are the stairs we're climbing and the halls we're running for costume changes," Whitaker says.

So, did 24-year-old Elissa Roch, who showed up at Merritt on her mother's orders ("It was her dream to be a Rockette," she said), think she might have what it takes to join her four teachers on stage? "Maybe, if I worked out seven hours a day." VICKY HALLETT (EXPRESS)



DANCE-OFF



Welcome to the Dollhouse

■ Sure, the Pussycat Dolls can sing (at least that Nicole one), but, mainly, they're known for their seductive dance moves and shapely figures. Since the girl group signed on to promote Bally Total Fitness this summer, the gym has found a way to repay them: a Pussycat Dolls dance class.

Last Thursday, every club offered an hour-long session devoted to learning a body-rolling, hip-thrusting routine based on the choreography from the new single, "When I Grow Up." At the downtown D.C. Bally, instructor Byron Brown proved even guys can get into popping their chests out. His favorite combo: a lasso gesture above the head followed by the mock driving of a car. If the event is deemed a success, the Pussycat Dolls could become a fixture on the class schedule. Stay tuned (and toned). V.H.



GETTY IMAGES

Small Changes, Big Results

Keep your body guessing with these riffs on regular exercises

Put one song on repeat and eventually you tune it out, even if it's your fave. Your body does the same thing with your go-to moves: If

you work out the same way all the time, your muscles adapt and stop progressing, and you risk overuse injuries.

So, we asked Rachel Cosgrove — owner of Results Fitness in Santa Clarita, Calif. — to tweak the not-so-complicated strength moves we all love so that they target different muscle groups.

Alternate between the tradi-

tional move and the variation every two weeks and watch your fitness level skyrocket.

Move 1: Push-up

THE TRADITIONAL: Get in plank position with your feet together and your hands wider than shoulder-width apart. Bending your arms, lower your chest toward the floor and then press back up. That's one

rep. Do three sets of six to 12.

WORKS: Chest

THE TWEAK: Place your feet on a 6- to 8-inch-high step, so they're off the ground.

TARGETS: Shoulders

Move 2: Bench press

THE TRADITIONAL: Grab a pair of dumbbells and lie face-up on a weight bench with your feet flat

on the floor. Position your hands wider than shoulder-width apart, elbows flared out. Straighten your arms and lift the weights over your chest. Lower the dumbbells until they nearly touch your chest, then press back up. That's one rep. Do three sets of 10 to 12.

WORKS: Chest

THE TWEAK: Position your hands shoulder-width apart, and keep your elbows tucked in as you lift.

TARGETS: Triceps

Move 3: Dumbbell Squat

THE TRADITIONAL: Grab a pair of 8- to 10-pound dumbbells and stand with your feet hip-width apart, arms at your sides. Squat so your thighs are parallel to the floor. Return to standing. That's one rep. Do three sets of 10 to 12.

WORKS: Quads

THE TWEAK: Position the dumbbells in front of your thighs with your palms facing your body. Let the dumbbells drop straight toward the floor as you squat.

TARGETS: Glutes and hamstrings

Move 4: Lat Pull-down

THE TRADITIONAL: Stand facing a lat pull-down machine and grab the bar with your hands wider than shoulder-width apart. Keeping your arms extended, sit on the seat with your feet flat on the floor. Pull the bar straight down, then slowly release the bar. That's one rep. Do three sets of 10 to 12.

WORKS: Arms

THE TWEAK: Lean your upper body back 45 degrees in the seat and squeeze your shoulder blades together as you pull the bar toward your chest.

TARGETS: Upper back

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WHAT'S THE DEAL?

The Diabetic's Makeover

■ Diabetes, which affects one in 13 D.C. residents, can't be cured with a wardrobe overhaul. A better makeover includes building self-confidence and healthier habits, which is why women are invited to attend Divabetic, a free education program that lures folks with massages and manicures, but sneaks in lessons on how to get healthier. This Saturday, it's paying a visit to Camelot by Martin's at 1 p.m. (13901 Central Ave., Upper Marlboro, Md.; register at Divabetic.org).

The event features six stations, focusing on topics such as nutrition and goal-setting. Movement takes center stage at the "Twist & Shout" stop, led by Rochelle Rice, author of "Real Fitness for Real Women." She relies on Pilates to help them find their alignment, yoga to better their breathing and resistance bands to start challenging their muscles — all with modifications for folks with bigger bodies.

So, triangle pose leads to reaching for the seat of a chair instead of the ground.



RAMIN TALAIE

Rice, left, teaches a Pilates class.

Cans become makeshift barbells. And Rice addresses the details that can make or break an exercise resolution: "One of the problems we have is when women are told to exercise, they get secondary injuries, like chafing thighs and aching feet. So, before you start a walking program, we can talk about what to wear and stretches for the feet."

Her ultimate goal is to get women to shake their groove things. "They get dancing, and the heart just sings," she says. "If they danced one song a day, I'd be happy." v.h.



Lululemon and Logan Circle. Is there a more perfect pairing? The trendy yoga gear shop's newest D.C. location (1461 P St. NW) opens this weekend. So, it's celebrating Saturday with a free 9 a.m. class, followed by brunch, henna painting and demos. Sunday kicks off with a 10 a.m. Pure Barre class, followed by yet another brunch, massages and tea. The weekend ends with one more complementary class: candlelight yoga, at 6 p.m. More info: Lululemon.com.



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Beyond Crunch Time

If you want those washboard abs, you need to do more than sit up

Six-pack abs — everyone wants them, but contrary to popular belief, it's not just about crunches. The secret to the six-pack is more complex and incorporates a healthful diet to reduce fat, cardio to get lean and let those abs show, and functional exercises that consistently engage the core muscles, which also involve the back.

Those key abdominal muscle groups include the rectus abdominis (the ones along the front that make up the six-pack); the internal and external obliques that flank the rectus abdominis and help the trunk rotate; and the deep muscle layer called the transversus abdominis that lends stability to the pelvis.

Three personal trainers offer their core ab thoughts.

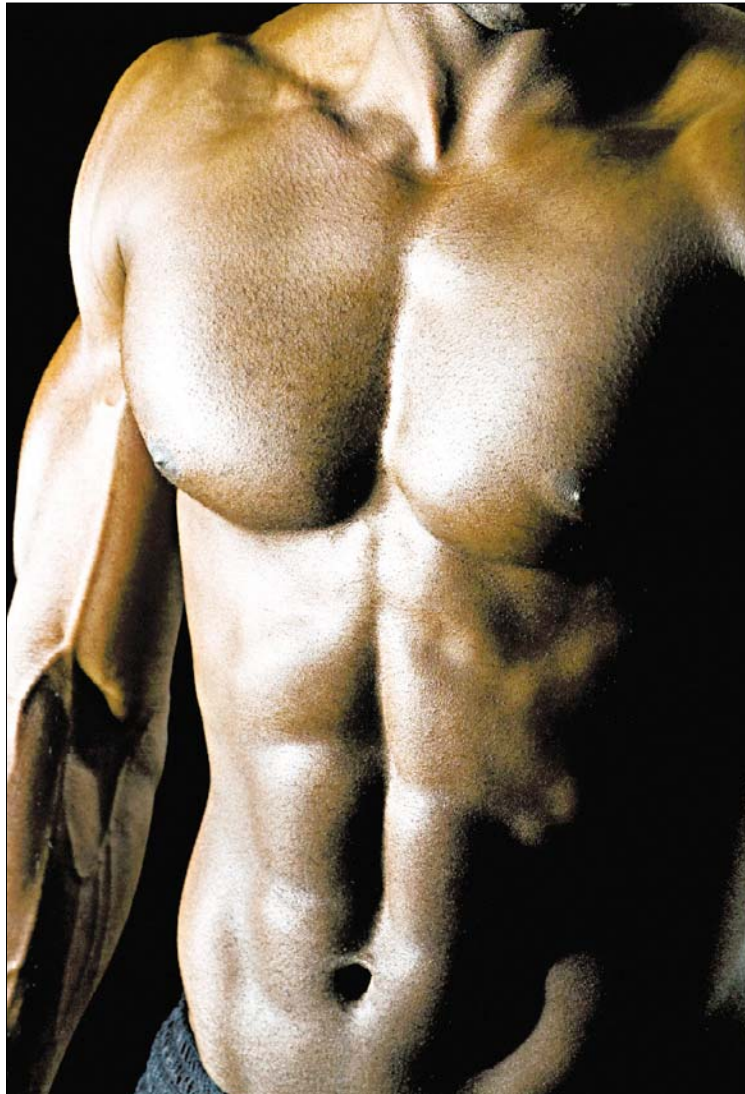
JON BARAGLIA National director of personal training development for Bally Total Fitness:

The truth about abs is that you have a layer of fat between the skin and the muscle, and it doesn't matter how many crunches you do: If you don't cut down that layer of fat, you'll never see your abs. You have to do exercises that are high in caloric expenditures — compound joint movements like squats, lunges, lower-body exercises that recruit a lot of muscle fibers.

There is no such thing as spot reduction. You're not going to lose fat in your midsection if all you're doing is crunches. Crunches burn very few calories compared with other things you can do.

People who aren't overweight [but still have that layer of fat] can bump up the intensity of their workouts. Also, a lot of people shy away from resistance training, but it increases lean muscle mass, and you burn more calories to maintain that lean muscle mass, so your body's daily caloric expenditure increases.

One great exercise is a simple bicycle crunch — alternate bringing your elbow to the opposite knee. That rotation is good for your abs



and obliques. Another good one is the captain's chair (an exercise using equipment that looks like a chair with no seat; the body is supported by the arms as the legs come up to the chest). Your lower body is unstable, so when you bring your knees up to your chest, you have to call on all the muscles in the core.

ACCELERATED ABS

→ Flatten that spare tire by speeding up. In a Duke University study, a group that did low-intensity workouts for 30 minutes a day, five days a week, kept their girth in check. But the real rewards came with higher-intensity workouts. Successful losers aimed for an effort of 6-8 on a scale of 1-10. Beginners should start with 10 minutes and work their way up. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

JANA KING Personal trainer and abdominals group fitness instructor, Equinox, Santa Monica, Calif.:

Practicing good posture throughout the day is really going to give you a flat stomach. I tell my clients that no matter what they're doing in the gym, they should suck in their stomach, imagining that they're bringing their belly button to their spine. If they're on the mat or on a machine, they should bring their lower back to the mat or make sure it's in contact with the seat. Even when I'm driving, I'll sit up straight and pull my stomach in. It can be more effective than five minutes of abs, because you're constantly activating those muscles.

I also like to do some isolation exercises — isometric holds, like planks, to develop the deep-tissue muscles such as the transverse abdominis and the internal and external obliques. That helps support your

posture and develops the muscles that keep the stomach flat.

Developing back muscles is important, too. If you only work on your abs, then your lower back won't be strong enough to help you sit up straight. If you don't work them out, you'll start to bring your body forward, rather than maintain that good posture. To do a back extension, lie down on your stomach and raise your hands and feet so that your stomach is the only thing touching the ground.

ANTHONY SLATER Head performance specialist at Core Performance Center, Santa Monica, Calif.:

We train with the concept of pillar strength — that encompasses the six-pack and a little beyond. It's the foundation for movement and includes the hips, torso and shoulders. We're creating this pillar that allows you to train more, to with-

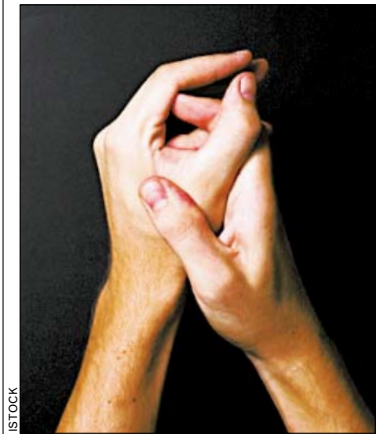
“Crunches burn very few calories compared with other things.”

stand more volume and intensity, so that you'll lose weight.

One exercise is a side bridge that adds a variation with a cable row. You're [on your side] with your elbow under your shoulder, forming a bridge from the side of your foot, which is on the ground, to your elbow. The legs are stacked and the posture is long. You have a cable in your top hand, and you row the weight to your side, like a dumbbell row, pulling with your shoulder blade. As you pull, it creates a torque against your body, which should stay strong. This promotes stability in the hip and the shoulder blade and the torso, which includes the rectus abdominis and obliques. You have to think about maintaining that pillar posture — the focus is on the quality of the movement. But in order to maintain that quality, the abs have to be contributing, stabilizing the body.

The exercise can be [made easier] by coming down to your knees. Or, instead of having the legs stacked, add a little stability by having one leg forward and the other back. To add difficulty, lift the top leg. JEAN-NINE STEIN (LOS ANGELES TIMES)

BODYTALK



Wrist Watch

■ Think you're getting a total-body workout? You probably missed a spot. As they say, you're only as strong as your weakest link, and for many of us (women especially), that's our wrists.

A lot of women complain that they can't perform push-ups or yoga positions like planks because they feel pain in their wrists. A quick way to ease the ache is to hold a light weight in each hand, so the weights run parallel to your body, and perform the moves with your wrists completely straight, rather than bent. You can also perform exercises to strengthen the muscles that support your wrists.

Maybe your forearms won't grab the same head-turning attention as shapely shoulders and beautiful biceps, but forearms are an equally important part of the picture, and strengthening them will help reduce wrist strain. If you're plagued by wrist pain, add wrist curls to your arm workouts: Hold a weight in each hand, elbows bent at your sides, forearms straight in front of you, palms facing up. Curl your wrists so your knuckles point toward the ceiling. Return to start. CHRIS FREYTAG (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



→ Cleaning your house isn't so fun. Sprucing up the great outdoors, however, can be a lovely (and active) dose of weeding, planting and wading. Find local parks and trails looking for volunteers this Sunday for National Public Lands Day (Publiclandsday.org).

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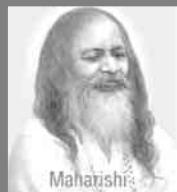
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Dunk for Deliciousness

Bathe your meal
in a marinade to
make a tastier
and healthier dish

Who doesn't love the layers of flavor and moisture that marinades add to whatever you toss on the grill, from summer squash to salmon? But to qualify for a health-conscious grocery cart, they also have to meet certain standards.

Some bottled marinades are essentially liquid salt or sugar with a little garlic thrown in. But others are made from a combination of antioxidant-rich superfoods. The ingredients in these wholesome sauces boost your nutrient intake, protect you from harmful bacteria and lower your cancer risk.

Healthful marinades have a couple of key components. The first is natural acidic ingredients such as vinegar, wine, tomatoes and fruit juices, which tenderize meat by breaking down protein structures. This also allows moisture and flavors to seep in, makes meat easier to digest, and may slow the growth of harmful bacteria, such as listeria.

The second is antioxidant-rich ingredients, such as herbs, spices, citrus juice, fruit and vegetable purees, and honey. These components may act as anti-agers and disease fighters, but they also counteract some of the risks associated with grilling. When meat is heated to a high temperature, cancer-causing substances called heterocyclic amines, or HCAs, are formed. But according to the American Institute for Cancer Research, briefly marinating may reduce HCAs by as much as 99 percent. A new study from scientists at Kansas State University found that marinated steaks had 87 percent fewer HCAs, a reduction that correlated directly with the amount of antioxidants in the sauce.

To marinate the smart way, think about these tips.

1. To save calories, use about 1/2 cup of marinade for every pound of meat — that's about 2 tablespoons per 4 ounces raw, enough to properly coat without excess.

2. If you choose marinades made with oils, compensate for the extra calories by trimming fat from other



GETTY IMAGES

parts of your meal, such as using less oil in a salad dressing or when sautéing veggies.

3. To prevent food poisoning, follow these food safety rules: Always marinate in the refrigerator (marinades can slow but not stop bacteria growth, and germs multiply rapidly at room temperature), never taste a marinade after adding uncooked meat (you can't see, smell or taste the bacteria that can make you sick), and never reuse uncooked marinades once they've been mixed with raw meat juices.

4. For a health boost, marinate tofu or veggies in place of meat. Plant foods do not produce HCAs, and swapping some meat for veggies can cut back on calories — 10 medium asparagus spears have just 32 calories, compared with 130 in half a boneless, skinless chicken breast.

When reading labels at the store, look for herbs such as rosemary; spices like ginger; fruits; vegetables and oils. And try to avoid high-fructose corn syrup, artificial colors such as Red 40 and artificial flavors such as artificial tomato flavor.

QUICK FIX

Ginger-Lime Marinade

COMBINE IN A LARGE BOWL:

- 3 TBSP freshly squeezed lime juice
- 1 TBSP rice wine vinegar
- 1 TBSP olive oil
- 2 TSP honey
- 1 TSP grated fresh ginger
- 1 TSP minced garlic

Whisk until combined, and refrigerate until ready to use.

HERE ARE SOME GOOD CHOICES:

For chicken: China Blue Spicy Chili Bean Glaze. For tofu: Drew's Sesame Orange Dressing and 10 Minute Marinade. For pork: Stonewall Kitchen Vidalia Onion Fig Sauce. For shrimp: The Ginger People Ginger Lemon Grass Dressing & Cooking Sauce. For beef: Annie's Naturals Organic Mango Cilantro Marinade. For vegetables: A Perfect Pear Roasted Pepper Pear Vinaigrette. CYNTHIA SASS (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



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A Dose of Eastern Medicine

Live longer — eat colorful food from the land of the rising sun

If nibbling on a California roll is the extent of your Japanese culinary experience, it's time to take a bigger bite out of this longevity-boosting cuisine.

According to the World Health Organization, the average life expectancy of Japanese women is 86 years — the highest in the world (beating American women by six years). The Japanese diet beats bulge, too — only 4 percent of the country's population is obese, compared with 32 percent of Americans. One likely reason is that Japanese meals feature a variety of foods served in small portions.

"A traditional gohan, or meal, includes rice along with mostly plant-based foods of five colors: green, red, yellow, black and white," says Elizabeth Andoh, author of "Washoku: Recipes from the Japanese Home Kitchen." "Modern science has revealed that colors correspond to different nutrients, so this is a naturally healthy way of thinking about food."

So, add these easy, colorful recipes to your weekly repertoire. (Can't find a grocery store that stocks Japanese ingredients? Click around these sites: Goldminenaturalfoods.com, Edenfoods.com, Great-eastern-sun.com and Kushistore.com.) MAUREEN CALLAHAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

RECIPE FILE

Sesame Soba Noodle Salad

Chock-full of a potent antioxidant called rutin, soba has been shown to improve circulation and prevent LDL cholesterol from clogging blood vessels.

INGREDIENTS

- 8 OZ soba noodles
- 1 CUP frozen shelled edamame
- 1 1/2 CUP shredded carrots
- 1 1/2 CUPS thinly sliced scallion
- 1/2 CUP chopped fresh mint
- 1 large orange
- 2 TBSP white miso
- 3 TBSP sesame oil
- 2 TBSP low-sodium soy sauce
- 1/2 TSP crushed red-pepper flakes
- 1/4 TSP salt

18 MINUTES, SERVES 6

FILL a 6-quart saucepan with water and bring to a boil. Add noodles and edamame and cook for six minutes. Empty into a colander and rinse with cold water. Drain and place in a serving bowl. Stir in carrots, scallion and mint; toss gently and set aside.

Grate orange to produce a half-teaspoon of fine zest. Juice orange to produce 3 tablespoons of liquid. Place zest and juice in a small bowl, and whisk in remaining ingredients. Pour dressing over mixture. Toss gently and refrigerate for 30 minutes. Serve cold or at room temperature.

268 calories, 10 g protein, 36 g carbs, 9 g fat, 513 mg sodium, 4 g fiber



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RECIPE FILE

Miso Soup

This version includes shiitake mushrooms, which help improve the immune system's function.

INGREDIENTS

- 2 TBSP dried wakame
- 3 CUPS water
- 1 packet (0.75 oz) dashi stock base (such as Dashi Moto)
- 2 TBSP white miso
- 1 12-oz package firm tofu, drained and cut into cubes
- 1 CUP (about 3 oz) thinly sliced shiitake mushroom caps
- 1/4 CUP thinly sliced scallions
- 1/2 TBSP low-sodium soy sauce

17 MINUTES, SERVES 4

SOAK WAKAME in warm water for 15 minutes or until fully rehydrated; drain.

In a large pot, bring water to a boil. Add dashi packet; reduce heat and simmer, covered, for 10 minutes. Remove packet.

Ladle a half-cup of dashi into a small bowl; whisk in miso and set aside.

Stir tofu and mushrooms into pot; simmer for two minutes.

Stir in miso mixture, top with scallions and soy sauce, and serve immediately.

81 calories, 7 g protein, 7 g carbs, 4 g fat, 349 mg sodium, 1 g fiber

RECIPE FILE

Chicken & Egg Donburi

20 MINUTES, SERVES 4

The fast food of Japan consists of rice topped with veggies and lean meat.

INGREDIENTS

- 1 1/2 TBSP canola or vegetable oil
- 1 6-oz bag baby spinach leaves
- 1 medium onion, sliced
- 1/4 TSP salt, divided
- 2 TSP minced fresh ginger root
- 8 oz boneless, skinless chicken breast, cut into thin strips
- 3/4 CUP low-sodium chicken broth
- 2 TBSP low-sodium soy sauce
- 1 TBSP mirin or brown sugar
- 4 eggs, lightly beaten
- 2 CUPS cooked brown rice

PLACE A WOK over medium-high heat. Add 1 tsp oil plus spinach and cook until spinach wilts and turns dark green, about a minute. Remove spinach and put on plate. Add 1 1/2 tsps oil to wok. Stir in onion and cook for two minutes. Stir in 8 tsps salt. Add ginger and cook for 45 seconds. Sprinkle chicken with remaining 8 tsps salt and add to wok with remaining 1 1/2 tsps oil. Cook until chicken is opaque, two to three minutes. Reduce heat to low. In a small bowl, whisk together broth, soy sauce and mirin; add to wok. Stir in spinach and cook until mixture begins to bubble gently. Pour eggs over top of chicken-spinach mixture; cover and cook until eggs set, two to three minutes.

To serve, spoon rice into each of four soup bowls. Top with mixture.

340 calories, 24 g protein, 34 g carbs, 12 g fat, 698 mg sodium, 5 g fiber



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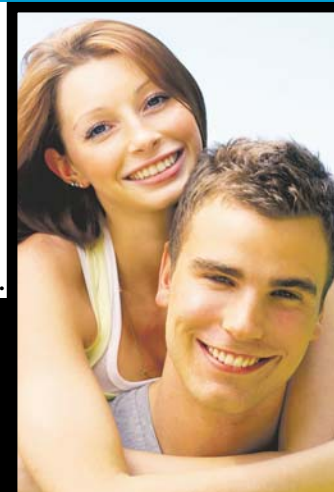
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Bright, White and Out of Sight

Perk up those yellow teeth with bleach, baking soda or veggies

If you've toyed with the idea of whitening your teeth but haven't actually done the deed, consider this: "Since teeth naturally yellow as we age, whitening them will automatically make you look younger," says Kim Harms, a spokeswoman for the American Dental Association. Do you need any more reasons to whiten up?

How whiteners work

All bleaching methods use peroxide (whether in gel, strip or liquid form) to dissolve surface stains. Teeth surfaces are made up of thousands of tiny dentinal tubules. They're extremely porous and absorb pig-

ments from food and drink. Peroxide bubbles into the tubules and lightens those pigments.

But before you bleach, first-timers should always consult their dentist. Some types of dental work (like caps, crowns, and veneers) don't take to lightening because peroxide can't penetrate them. Stains caused by antibiotics, like tetracycline, are also tricky, because they can occur in the layers inside the tooth, which brighteners can't reach.

If you go to a pro

If you're looking for a dramatic, fast solution, consider power whitening: First, a protective rubber guard or barrier gel is placed over your gums to help avoid possible sensitivity to peroxide. Then the teeth are coated with a bleaching agent and a light is aimed at them to activate the ingredients. The procedure takes about an hour and



costs \$500 to \$700.

A cheaper (but slower) option: Your dentist can custom-fit you with plastic dental trays, kind of like retainers, which you fill with a peroxide gel and wear at home. You could see brighter teeth within a few days, though some people need up to four

weeks to see results. Oh, yeah, and it'll cost you \$250 to \$400.

No-tech tricks

If you'd rather pass on the peroxide, check out other options to whiten your smile.

Baking soda also removes discol-

oration on your teeth. The abrasive particles polish the surface while a chemical reaction between baking soda and water lightens stains. (Warning: You can damage your enamel with the scrubbing, so don't do it more than once a week.) Just dip your toothbrush in the soda, or simply switch to a toothpaste that contains baking soda.

Chow down on foods that are high in cellulose. A strong starchlike compound found in celery, carrots, and apples act as natural abrasives, cleansing teeth and removing surface stains naturally. And greens such as spinach, broccoli and lettuce contain mineral compounds that form a film over the teeth, so pigments from other foods can't stain.

Or just fake it. "Stick with blue-based red and pink lipsticks or clothes in dark colors," says Pia Lieb, a cosmetic dentist in New York City. Warm colors (yellow, orange, brown) worn close to your mouth will only bring out the yellow in your teeth.

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STETHOSCOPE

WEIGHT

Skinny Has a Secret

■ Just because the scale isn't groaning at your heft doesn't mean you don't need to worry about obesity. Mayo Clinic cardiologists studied more than 2,000 people with normal body mass indexes and found that 61 percent of them had "normal-weight obesity" — i.e. had excess body fat and the accompanying risk factors for heart disease and diabetes. The skinny-fat folks crossed all demographic lines (all ages, all races, and both men and women), and seemed to share sedentary lifestyles.



TEETH

Double Your Pleasure

■ New findings published in the journal BMC Oral Health indicate that nicotine gum offers those who are quitting smoking more than just a needed nicotine jolt: It may also whiten teeth better than gums specifically sold for their whitening properties. The nicotine gum also bested the properties of ordinary human saliva. Researchers expect this to encourage more smokers to quit because now they'll have an additional reason to pop a stick rather than light up.

FERTILITY

In the Hot Seat

■ Would you rather have a toasty tush or a kid? Men should ask themselves that question before firing up the seat warmer in their cars. German researchers report that sitting for 90 minutes on a heated seat raises men's scrotal temperatures. Normal sperm production requires that testicular temperature hover below the body's core temperature. Scientists still need to study the sperm quality of men who spend time in these hot seats to determine whether the luxury could be affecting fertility.

Can't Stress the Point Enough

Baboon research confirms the ill effects of anxiety on human health

Here's one way to avoid anxiety over the possibility of missing "Stress: Portrait of a Killer" (Wed., 8 p.m. on WETA): Watch it with the producers and Stanford neurobiologist Robert Sapolsky tonight at National Geographic Live! (7:30 p.m., 1600 M St. NW, Nglive.org). The special uses Sapolsky's work with baboons to show how the lowest-ranking individuals in society face the most stress — and its bevy of accompanying health woes.

**Why study stress?**

I think there are a lot of scientists interested in one disease, like Alzheimer's or colon cancer. I like that stress doesn't really cause diseases, but it leads to many.

What are all of the horrible things stress can do?

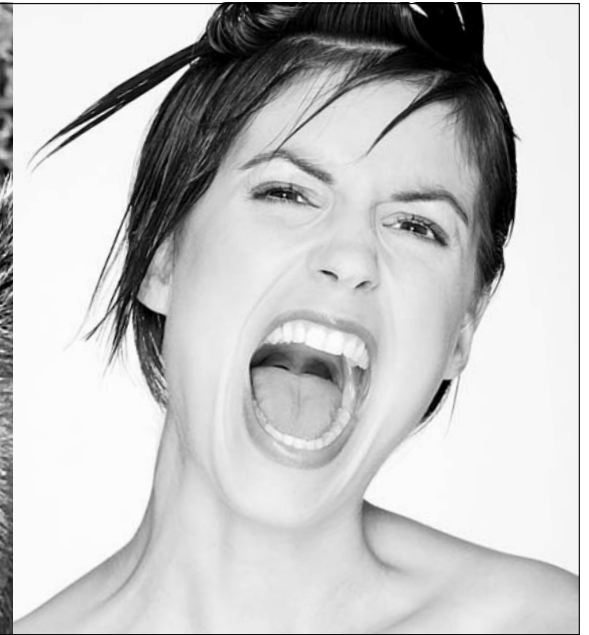
It affects depression, memory, sleep, mood. Most people value their sex lives. Immune suppression is much more vulnerable. Strokes aren't so much fun, either. It can raise your blood pressure, and there's gastrointestinal stuff.

What is stress exactly?

If you're a regular, boring animal, it's a response to an acute physical crisis — not wanting to be eaten.



COURTESY NATIONAL GEOGRAPHIC & GETTY IMAGES



Robert Sapolsky, left, uses his studies of baboons, middle, to understand why humans, right, get so agitated and ill.

It's not until you get to smart species like us that you get the exact same changes in the body for psychological reasons.

Why have we developed this way?

Part of it is that primates have been smart socially for 30 million years, but stress has been around for hundreds of millions of years. I'm willing to bet that dinosaurs had a similar stress response.

So, we've only developed this recently, and we don't yet have anything in our bodies that says, "Don't react this way." When you're stressed, you secrete hormones, and their job is to get energy from your liver and everywhere else to your thighs so you can run across the savannah.

But does it make sense to have that reaction on a date?

What amazes me is that stress really damages your DNA.

It's one of the flashiest findings, because forget that you get flatulent or your sex life is bad; your genes are getting battered. Someone says something mean to you and your DNA changes. People never guessed it would get down to that level.

So, why do you study baboons to figure this stuff out?

They're just like us. They have a luxurious lifestyle for beasts in the wild. They only work three hours a day to get the calories they need. That means they can devote the rest of their time to hounding each other. You'll see a high-ranking female force a low-ranking female

to move and then hassle her again and again. This is queen-bee-girls-in-middle-school behavior.

Is it really all about social standing, though? There has to be more to it.

Well, can you tell when something is threatening behavior? If every time a rival is napping nearby and you get crazy and provoked, you'll be more stressed. So, personality can filter how you respond to the reality of the world.

Sometimes in a group of 20 baboons, the one who's No. 19 feels pretty good that there's someone beneath him. But if you're No. 2, and you really want to be No. 1, then you could be in worse shape than 19.

So, if you're stressed and you see this show, won't you just become more stressed?

It's like how every first-year medical student has 47 diseases at any given time. But, yes, it can be a real problem. You get people going through in vitro and having trouble, and then the doctor says, "Stress can mess up fertility, so try not to be stressed." Yeah, right.

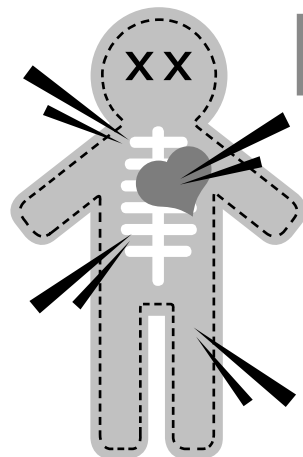
How do you deal with stress?

I'm terrible at that part. It's not for nothing I study this. But for moderate stressors, it's good to get a sense of control over it. Social support helps, too. We also have an enormous ability to kvetch to everybody around us. VICKY HALLETT (EXPRESS)



hypochondriac

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Do you have sores in your mouth or on your genitals? Are your eyes swollen and red? Are your joints painful and stiff? Do you live in the Middle East or Asia, and are you in your 20s or 30s? You may have **BEHÇET'S DISEASE**, in which one's blood vessels are inflamed by an unknown cause. There could be a genetic propensity toward it that's set off by contact with certain bacteria or viruses. Diagnosing Behçet's can be very difficult, as the symptoms usually don't appear all at once. Some of the worst outcomes are meningitis, stroke and blindness. There is no cure. Luckily for locals, it's most common in Japan, Turkey and Israel, so if you're in the United States, you're probably OK. SOURCE: NATIONAL INSTITUTES OF HEALTH

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